

City of District Heights

Recreation/Cultural Department

PRESENTS

Manifest Health and Wellness

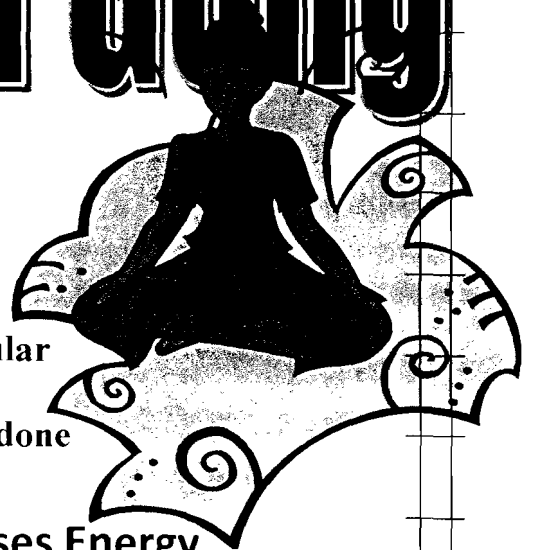
Present the Ancient Chinese Healing Art

Tai Chi - Chi Gong

The Perfect Exercise for Seniors

What is Chi Gong?

Chi Gong (pronounced Chee Gong) is the perfect exercise for seniors because of its slow, gentle, low impact movements and Tai Chi is a popular form. In 2003 the Wall Street Journal revealed Tiger Woods regularly practices Chi Gong and has done so since childhood.



- Relieves Stress
- Improves Discipline
- Lowers Blood Pressure
- Increases Energy
- Improves Balance
- Improves Flexibility

WHERE: CITY OF DISTRICT HEIGHTS
RECREATION/CULTURAL DEPARTMENT
2000 MARBURY DRIVE

WHEN: MONDAYS (except holidays)

TIME: 12 noon to 1:00pm

COST: \$2.00 per class



For more info, call 301-336-5633 or 202-746-4537