

Enhance your everyday life & health with this

QI GONG CLASS



April 11, 2017
12:10 – 12:55pm

LOCATION:

SFHSS Wellness Center
Conference Room
1145 Market Street, Suite 100
San Francisco, CA 94103
(415) 554-0643

Learn to develop energy (qi) and balance your mind, body, and spirit. Help reduce your stress, pain, and symptoms of chronic ailments. People of all ages and fitness levels are welcome to participate. This is a onetime class offering.

NO RSVP REQUIRED.