



QI GONG ARM CHAIR EXERCISE

Wednesday's 10:30am-11:30am

A seated Qi Gong class with the option to stand, using focus and movements to guide energy through out the body. Creating strength, balance and inner peace. Suitable for all and modifications are offered to meet the needs of all participants

**North Cambridge Senior Center
2050 Massachusetts Ave
Cambridge, MA 02140
617-349-6320
For ages 60+**