



*wellness...virtually...*

# Qigong

for health & healing



Fridays @ 11:30am to 12:15pm via Zoom

Qigong is a mind, body spirit practice that improves mental and physical health by integrating posture, movement, breathing techniques and focused intent that moves and refreshes our vital life force energy. This gentle session lead by Andrea can be done standing or seated.

To register contact Nicki:  
[wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com)  
or 289-221-2055

If you are new to Hope House, contact Georgina:  
[programs@hopehousehospice.com](mailto:programs@hopehousehospice.com)  
or 289-221-1355