



QIGONG AT THE LIBRARY

THURSDAYS - 5:30pm—6:30PM

with Therese Balagna

Why consider the practice of Qigong?

Empower yourself/ Improve your physical and mental health

Create a state of balance/ Strengthen your will power



STANFORD FREE LIBRARY

6035 Route 82 Stanfordville

REGISTRATION REQUIRED

stanfordlibrary@optonline.net or 845-868-1341