



# Qigong

PEOPLE PERFORM QIGONG TO:

- MAINTAIN HEALTH
- HEAL THEIR BODIES
- ENCOURAGE A POSITIVE, HEALTHY OUTLOOK ON LIFE

**Date:** Wed., Aug. 19-Sept. 16 (5 weeks)

**Time:** 10-11 a.m.

**Fee:** \$35 for participants 55 and over  
\$45 for participants under 55

*You must register by Mon., Aug. 17. Only 10 spots available!*

**Register:** Call 837-5808

**Where:** Jordan Valley Maintenance Pavilion

*(Located in the parking lot of Jordan Valley Ice Park)*

*635 E Trafficway St.*

**Instructor:** Chuck Mercer

Program will be held on the outdoor covered patio, with ceiling fans. Mask strongly encouraged and social distancing required before, during and after class. Thank you for your participation and cooperation.