



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+