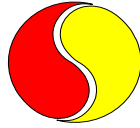


IMPROVE YOUR HEALTH AND WELLNESS!!!



CHOW QIGONG EXERCISE AND MEDITATION CLASSES BENEFICIAL FOR ALL AGES!!!

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Chow Qigong can help to:

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- Delay the aging process and
- Bolster the immune system

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*Grandmaster Dr. Effie Chow
East West Academy of Healing Arts*

Instructors: Joyce Nunn, Donna Gordon

Sessions: Mondays beginning January 5, 2009

Time: 7:15 p.m. – 8:30 p.m.

Cost: \$40 for 10 week session or \$6 per session

Location: Keatsway Public School

323 Keats Way Dr.

Waterloo, Ontario, N2L 5V9

(Wear Comfortable Clothes)

For further information, please contact Chow Qigong Instructor: Joyce Nunn

joycenunn@hotmail.com

or call 519- 569-7314