



**Health
by Design**
Natural Clinic, LTD

Health by Design Natural Clinic
266 W.Main Street
Leola, PA 17540
717.556.8103
www.healthbydesignnaturally.com

氣 功 **QIGONG** 氣 功
FOR EVERYONE

☯️🌀☯️

FRIDAY EVENINGS 6:00 - 7:00

6 WEEK SESSION

SEPTEMBER 12 THRU OCTOBER 17

COST:

\$50 - PRE-PAID

\$10 - PER-CLASS

Qigong is an Ancient Healthcare System used for centuries to realign the individual: body... mind... spirit.

Join us as we explore how Qigong can help:

- 🌀 manage stress
- 🌀 improve sleep
- 🌀 relieve muscular tension
- 🌀 balance the emotions
- 🌀 boost the immune system
- 🌀 improve digestion and elimination
- 🌀 improve balance and strength

... and much, much more!



facilitated by
Mark R. Reinhart

Call to register: 717.556.8103