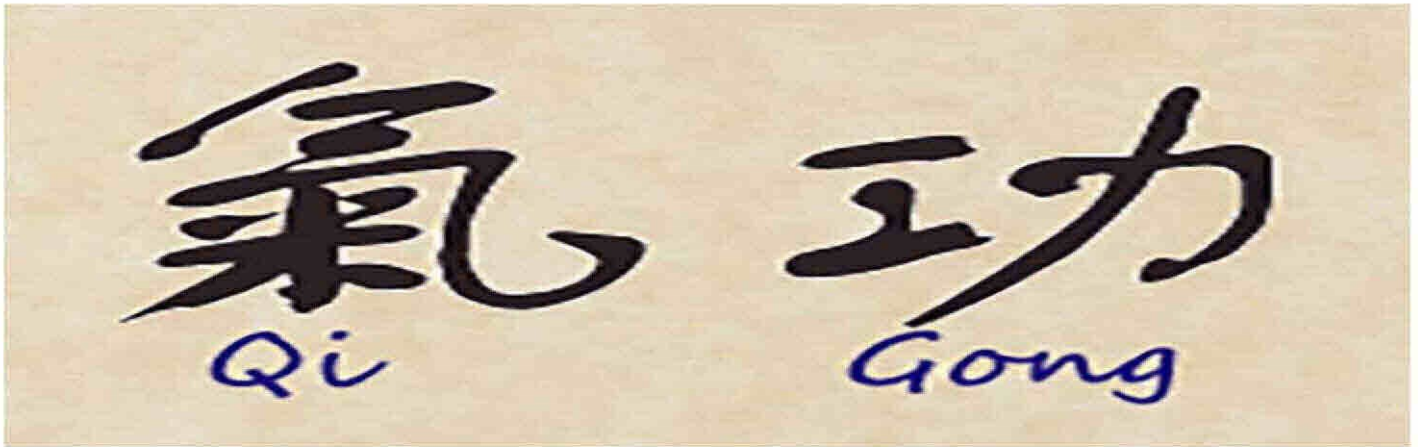


NUTRITION & HERBS CENTER

326 W. CHELTEN AVE. PHILADELPHIA PA 19144

QIGONG

PRESENTED BY WILLIAM LAURY



An ancient Chinese mind-body practice that combines gentle movement, breathing techniques, and focused intention to cultivate and harmonize qi, or vital healing energy, within the body

Sunday September 28, 2025, 2-3:30pm

COST \$35

Registration is Required

FOR INFORMATION
215-549-6151

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