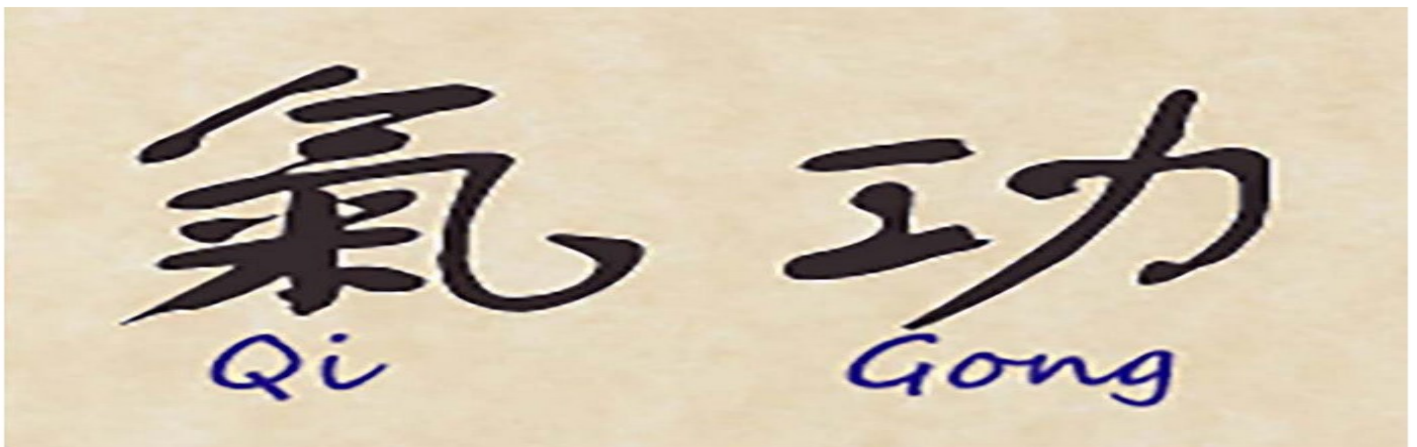


# NUTRITION & HERBS CENTER

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 JULY 27, 2025 3-5PM**

**COST \$35**

**Registration is Required**

**FOR INFORMATION  
215-549-6151**

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