

Qi Dancing

with Debi Dunn

**Relieve STRESS & feel
your BEST!!**

Qi (chee) dancing can also

- * **Enhance sleep**
- * **Improve strength & flexibility**
- * **Boost immune system**
- * **Increase energy**



WCU professor and
Qigong instructor.
www.theheartofhealing.com

April 25th
3:00-4:00
**Sykes Fitness
Center**
Aerobics Room