

For Patients with
Chronic Pain & Respiratory Issues

East Hawaii Independent Physicians Assn
and HiQi4health

are sponsoring health and mindfulness classes

MEDICAL QIGONG

(Inner Nourishing Qigong)

PART 1- 1st 6 Forms

a balance of movement & meditation for a proactive,
low impact, non-drug approach to health



October 3-28, 2017 (2x/week for 4 weeks)
Tues. 5:00-6:00pm & Sat. 11am-12pm at Hilo Elks Lodge
Introductory Special : Fee \$70 for 8 classes

Contact by Sept. 30: Jana Ching (W) 961-6922;
jana.hiqi@gmail.com

*Limited to 15 participants. All participants must be committed to attending classes.

*Visit www.hiqi4health.org for more information.

Instructors: Jana Ching, Lic. Acupuncturist & Jorgeen Lee-Ching, Occ. Therapist.
Approved/Accredited by National Hebei Medical Qigong Hospital & Training Base.
Combined 15+ years of experience at NHMQH, China.