

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*



February 20-March 17, 2018 (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 Feb. 13: 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.