

The Somerville Council on Aging

Chi Kung



- Easy-to-follow program performed seated or standing
 - Helps strengthen balance and reduce stress
 - Increases blood flow and energy

Fridays from 10:00am to 11:00am
September 2nd, September 9th, September 16th
& September 30th.

Holland Street Center
167 Holland Street

For more information, please call Debby at 617-625-6600
ext. 2321 or email at dhiggins@somervillema.gov