

Somerville Council on Aging

Qigong (Chi Kung)

Fridays at 10:00 am, December 2nd, 9th, 16th, 23rd & 30th

Holland St. Center: 167 Holland Street



Lead by: Denise “Tarsha” Bethel-Stacke

Qigong (Chi Kung) is a traditional practice focused on coordinated movements, breathing and meditation. Stemming from Chinese medicine, philosophy and martial arts, Chi Kung is correlated to improved balance, strength and mental wellbeing. All levels are welcome!

*For more information call Phelan at 617-625-6600 ext. 2315
or email at phowell@somervillema.gov*