

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

June 10th, 17th, 24th, July 1st, 8th and 15th

Holland Street Center

167 Holland Street

For more information, please call Chris at 617-625-6600
ext. 2315 or email at ckowaleski@somervillema.gov