



# Qigong

Qigong encourages coordinated body-posture, movement, breathing & meditation

10AM-11AM

WEDNESDAYS

Oct. 09-Nov. 13, 2024

\$50.00 + HST

Register now at the Town Office, or online here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)

