

## Autumn Qigong Plus Chinese medicine Dietary & Seasonal Info Class



Chinese medicine concepts and suggestions for natural health in Autumn. Class will include information about the season, foods and lifestyle choices to specifically support you this season and Qigong movements to align and enhance your Qi this season. It will a fun combination of lecture, discussion, sampling foods and doing active Qigong with the class. I hope to see you there!



Details: No previous knowledge or experience necessary.

Date and Time: Oct. 17th / Thursday from 4:30pm to 6:30pm

Location: Uma Center: 414 S. Jefferson St, Moscow, ID

Cost: \$35 and pre-registration required by Oct. 14<sup>th</sup>  
(flip over for registration form)

Contact Meggan for more details or for questions:  
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