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FOR IMMEDIATE RELEASE

Qigong...for the Body, Mind and Spirit

HC-2014-39

Hendersonville, NC - July 7, 2014

Join the Henderson County Public Library's Fletcher and Mills River branches for an ancient Chinese system of health and wellness. Bob and Fran German will lead you through a series of slow, gentle, flowing movements so you gather, distribute and store healthy "chi" energy throughout your body. Qigong (chi kung) heals the body, calms the mind and connects the spirit. There is no impact, no sweating, it's fun and easy to do! Everyone can benefit, regardless of age, ability and belief system or life circumstance. Qigong can be practiced standing or sitting.

This program is sponsored by the Friends of the Library and is part of the Adult Summer Reading Program. Come out to the Fletcher Library on Monday, July 14 at 4:00 p.m. or the Mills River Library on Thursday, July 17 at 4:00 p.m.

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