



*Please Join Us*



***FREE***  
***On-Line Qi Gong Classes***  
(pronounced Chee Gong)

Qi Gong is a millennia-old system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.

***Taught by the Amazing Bob Marsh***  
***On Zoom***

Sunday through Friday, 10 am Mountain Time

Meeting ID: 549 340 499

Password: 003090

***Sponsored by***  
***The Next 50 Initiative and the Senior Resource  
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