



## Introduction to Qigong

You may have tried Tai Chi or Yoga as a method for physical and emotional wellbeing, but have you tried qigong? Qigong (pronounced “chee gung”) is a form of gentle exercise comprised of repeated movements, helping to stretch the body, improve balance and increase blood flow.

Join us for a free introduction and practice of qigong with Brenda Lee, Emei Qigong teacher with Renown Integrative Primary Care. Explore the simple, slow, and low impact movements designed to wake up your natural healing abilities for better health, balance and mental clarity.

**Date:** Tuesday, March 26  
**Time:** 10:30 a.m. to 12:30 p.m.  
**Location:** Renown Regional Medical Center, Mack Auditorium  
**Cost:** Free

This event is a part of Renown Health’s monthly health education series offered for men and women ages 55 and over. Join us for this free and fun event!

Refreshments included. RSVP is required by calling **775-982-7787** or by visiting [renown.org/SmartHealth](https://renown.org/SmartHealth).