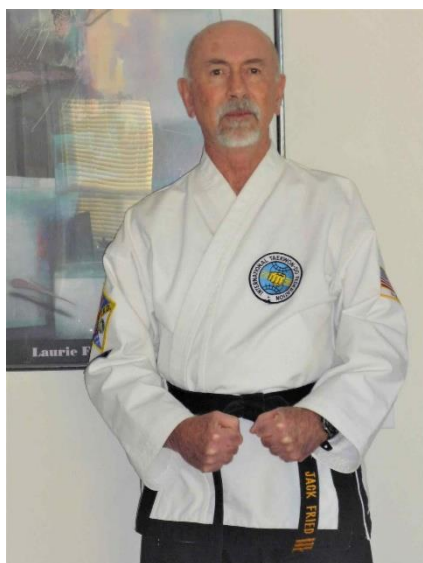


Looking for a simple, low-impact exercise program  
that may help you lower blood pressure,  
reduce pain, loosen muscles, build bone density,  
improve asthma, flexibility and more?

*That program is QiGong!*



*Congregant Jack Fried, who studies with a Master certified by the Chinese Culture Institute, has studied and taught various martial arts himself for many years and has a 3<sup>rd</sup> degree black belt, teaches QiGong in our Social Hall twice monthly.*

*Stop by the Social Hall the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month from 12:15-1:00 PM to give it a try.*

*Any changes in schedule will appear on the CEC calendar.*

*There is no cost to participate. Come as often as you like!*

*Questions? Please contact [cec.lifelonglearning@congetzchaim](mailto:cec.lifelonglearning@congetzchaim).*