

# Chair Yoga and Qigong Class

We are excited to offer free Chair Yoga and Qigong classes to Levine Cancer Institute patients, caregivers and staff at LCI-Monroe!

Chair Yoga and Qigong can help support:

- Relaxation & peace of mind
- Improved strength & posture
- Better breathing
- Enhanced balance between body, mind & spirit
- Improved sleep
- All activity may be done from a seated position
- Geared for all fitness levels

Now offered weekly! 11:15-12:15

Carolinas HealthCare System Union,  
Outpatient Pavilion Auditorium  
600 Hospital Drive, Monroe, NC

Call to register: 980-442-1006

## January, 2018 Dates:

- Friday, January 5
- Friday, January 12
- Friday, January 19
- Friday, January 26



Carolinas HealthCare System

To register and for questions about this class, call the Cancer Resource Center 980-442-1006 or email

[Marie.Theriault@carolinashealthcare.org](mailto:Marie.Theriault@carolinashealthcare.org)