

# Square One Tai Chi

A new program brought to you by the  
QiGong Institute of Healing and Wellness

Wednesdays  
at noon and 5:30  
Program goes for  
8 weeks!  
Starts October 21st!

Bob,

*This is a great program for  
absolute beginners.*

*No pressure and a lot of fun  
and understanding! Teacher  
is friendly, fun and knows his  
stuff!!*

Sally

Bob,

*Forgot....*

*Its at the QiGong Institute on  
8th Street by Romalo's.*

*Program starts soon.*

*Check the Website for more  
information or call 504-6285.*

*SEE YOU THERE!!!*

QiGong Institute of Healing and Wellness

1541 West 8th Street 814.504.6285.

[www.qihw.com](http://www.qihw.com)

Across from Frontier Park, just West of  
Romalo's Chocolates.

**\$5.00 for every registrant will go to Breast Cancer Research**