



Qigong

FRANKLIN LAKES
COMMUNITY CENTER
— a Proud Partner of —
WYCKOFF FAMILY YMCA

Wed., DEC. 12 from 7-8pm
The Franklin Lakes Community Center

Qigong movements are a combination of stretching, visualization, and breathing. A system of coordinated body postures and movement breathing and meditation which promotes health, spirituality and martial arts training.

Instructor: Kim Deloreto

REGISTER Online at:

www.wyckoffymca.org/events or In Person

Full Member: \$20 Program Member: \$25 Non Member: \$30