Integrative Medicine is presenting

~ Chi Kung for Arthritis classes ~

***Hartford Hospital's Health Care Center*, Glastonbury**

Starting Saturday, April 8th for 12 weeks
10am to 11am

Price: $120.00

Presented by Robert Ellal, Chi Kung Instructor

Chi Kung is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused attention.

In addition to improving arthritic conditions Chi Kung also helps reduce stress, build stamina, increase vitality, and enhance the immune system.

Please call Health Referral to register-545-1888