

Triton College Library PROGRAMMING

# Qigong

**STRESSED? ANXIOUS?**



Join us for 10 minutes and discover Qigong, a discipline that dates back thousands of years and helps you relax and quiet your mind. If you're into yoga or tai chi chuan, you'll love this!

**Every Wednesday at 4 p.m. - Library, Room A-206**

We meet during semesters.

For more information, please contact Dubravka Juraga at Ext. 3591, or [dubravkajuraga@triton.edu](mailto:dubravkajuraga@triton.edu).



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