

*The mission of The Wellness Community is to help people affected by cancer enhance health and well-being through a professional program of emotional support, education, and hope. All programs and services are provided free of charge.*



## MIND ~ BODY ~ SPIRIT

### STRESS REDUCTION AND FITNESS

**QIGONG:** Qigong, which means "energy work", has been practiced in China for thousands of years to achieve vibrant health and a calm mind. Qigong, as in Tai Chi, incorporates slow, meditative movements with deep abdominal breathing to counteract the chronic stress and strain of daily life on the body and mind, and restores balance and energy.

*Tuesdays, 5:15 -6:15 PM in Philadelphia*

**T'AI CHI:** T'ai Chi, an ancient Chinese energy practice, is a flowing series of movements and poses believed to "center the mind" and promote healing and relaxation. It builds awareness of the body and its muscles, distributing one's attention throughout the body, an important element to one's health.

*Fridays, 9:30 -11:00 AM in Philadelphia*

**YOGA:** This is a restorative yoga that can help your flexibility, strength, and balance. Learn yoga breathing that provides increased energy and deeper relaxation.

*Thursdays, 1:15 - 3:00 PM in Philadelphia*

*Thursday, 7:00 - 8:00 PM in Lansdale*

*(no classes July 29 and August 26)*

*Fridays, 10:00 - 11:00 AM in Lansdale*

**Focus Fitness Studio** offers a free class for cancer survivors.

*Tuesdays, 1:30 - 2:45 PM*

Focus Fitness of the Main Line - 1111 East Lancaster Avenue,  
Bryn Mawr, PA 19010 ~ 610-525-5515



**215-879-7733 • [www.twcp.org](http://www.twcp.org)**

**The Wellness Community of**

**Philadelphia**

The Suzanne Morgan Center at Ridgeland  
4100 Chamounix Drive  
Philadelphia, PA 19131

**Lansdale Satellite:**

The Anne McCouch Center  
1000 West Main Street, Lansdale, PA 19446  
215-393-9105