Esperanza Self-Help Center presents

**Qigong Workshop**

with

Robert Moody

*Mental Health Peer Support Worker*

Join us and learn about:

- This centuries-old system of coordinated body-posture and movement, breathing, and meditation.
- How Qigong is used for the purposes of health, spirituality, and martial arts training.

**Esperanza Self-Help Center**
1235 First Street
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**Friday**
**February 21, 2020**
**1:00 – 2:00 p.m.**