



Qi Gong at Saint John's

Date and Time:

MONDAYS

6:30 - 7:30 PM

Facilitated By:

TAO OF WELLNESS

Location:

**SAINT JOHN'S
HEALTH CENTER**

**GARDEN LEVEL
2121 SANTA MONICA BLVD.
SANTA MONICA, CA 90404**

RSVP:

NO RSVP REQUIRED



*This program is made possible
by the generous sponsorship of*

**Saint John's
Health Center**
+ PROVIDENCE Health & Services

Qi Gong is a low impact, mind-body practice that integrates meditation with movement. **All levels welcome.**

For more information, contact:

**Ana Rocha, NP, Cancer Survivorship at 310.829.8621
or survivorsaintjohns@providence.org**

First time participants, please call 310-314-2555 to RSVP for Orientation.

All programs and services are provided at no cost to participants.

Empowered by
Knowledge

Strengthened by
Action

Sustained by
Community

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