



*Experience the Ancient Chinese
Breathing, Relaxation, and
Meditation Art of Chi Gung with NRCIL and
Instructor Mary Lou DeMinck*

Six Week Course

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*Good for People of All
Ages*

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*FREE ! To
Participate*



Every Wednesday, May 10 - June 14, 2017

Riverside Park, Lyons Falls 2:30-3:30pm.

Please RSVP by May 8. Contact Community

*Connections Outreach Coordinator, Justin Jones, for more
information or for reasonable accommodations.*

Phone: 315-836-3735/Email: justinj@nrcil.net /TTY: 315785-8704



**Northern Regional
Center for Independent**

