



**SWEET
LOUISE** | POSITIVE LIVES
WITH BREAST
CANCER

**Sweet Louise & The Cancer Society
invites you to**

TaiChi Qi Qong to relax and strengthen inner being

Tai Chi Qi Qong exercises with Christine Lenk are gentle and easy movements adapted from Tai Chi. They:

- Promote inner calmness
- Teach you regular breathing and relaxing exercises.
- Gently tone and strengthen muscles
- Improve your balance and posture.

Christine will also do some visualisation and imagery exercises. All exercises can be done sitting or standing.

All those coping with breast cancer or their support people are invited.

Date: Thursdays, starting 7 October for 6 weeks
Time: 10 am – 12 md
Where: 52 Riddiford Street, Newtown, Wellington

Enrolment essential:
Contact: Sue Corkill– 04-389-8421 or Elva Phillips 021 328 835