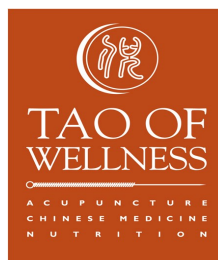


Saint John's Health Center

 **PROVIDENCE** Health & Services



Qi Gong



Dates & Times:

Every Monday from
6:30pm to 7:30pm.

Cost:

Philanthropic Support from a generous donor enables this group to be offered at no cost to participants.

RSVP:

None Required, however space is limited.

Location:

Garden Level, at Providence Saint John's 2121 Santa Monica Blvd, Santa Monica, CA 90404

Sponsored by:

Providence Saint John's Foundation

For more Information:

Ana Rocha, NP
Cancer Survivorship,

Tel: 310-829-8621 or email
Survivorshipsaintjohns@providence.org



Qi Gong, pronounced chee-gong. Qi stands for one's life force or energy. Gong means to cultivate.

Qi Gong is a traditional form of Chinese medicine and has been in practice for thousands of years.

Qi Gong is a low impact, mind-body practice, that integrates meditation with movement. The effects of Qi Gong have been shown to produce positive effects on physical, psychosocial, and quality of life.

***Benefits of Qi Gong include improvement in fatigue and flexibility while decreasing levels of anxiety and distress.**

Cancer Survivors and their caregivers please join us to cultivate energy and experience this ancient healing art.

*Rebecca Campo, et al., "Levels of fatigue and distress in senior prostate cancer survivors enrolled in a 12 week randomized controlled trial of Qigong" Journal of Cancer Survivorship, 2014 March; 8 (1), 60-69.

