



# Healing Qigong Returning to Cancer CAREpoint

**Starting on Wednesday, July 3, 2019**

This free class is intended for people diagnosed with cancer who are in treatment or in recovery. Also, caregivers are welcome to attend. The exercises are very gentle and can be done standing or seated. Focus will be on supportive healing. We will practice therapeutic movements to keep the connective tissues and joints mobile and healthy, and aid in circulation. There will also be energy exercises for purifying and fortifying organ systems. Every class will have a guided qigong meditation.

**Dates:** Every Wednesday, starting on July 3, 2019

**Time:** 3:00 pm – 4:00 pm

**Location:** Cancer CAREpoint Resource Center  
2505 Samaritan Dr., Building 400, Suite 402, San Jose, CA 95124

**Registration Required. To register, call (408) 402- 6611 or register online at [www.cancercarepoint.org/registration/](http://www.cancercarepoint.org/registration/)**