

FREE CLASS

**Moffitt Integrative Medicine
Presents**

~ QiGong ~

Starting June 14th!!!

for Patients and Caregivers

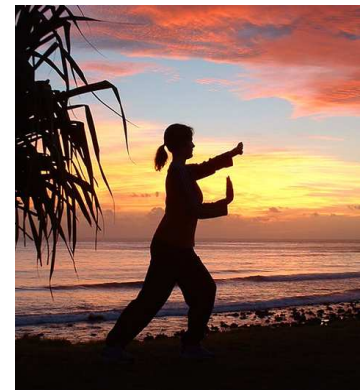
**Mondays, 3-4 pm
Hope Lodge**

What is QiGong?

Qigong is an ancient Chinese mind-body exercise practice that uses meditation, breathing control and movement to balance the flow of energy (Qi) through the body.

The goal of qigong exercises is:

- to correct the electromagnetic imbalances enabling the body**
- to strengthen and regulate the internal organs, the nervous system and the immune system**
- to relieve pain and regulate homeostasis**
- to purge deep-seated emotions and stress**
- to provide a feeling of calm, comfort, balance and rejuvenation**
- to improve physical strength and energy**
- to aid in increasing longevity and overall good health**



Medical Qigong is extensively used in the treatment of cancer to help reduce or eliminate side effects from radiation and chemotherapy