



WINTER 2020
Thursdays at 1pm

CHI GONG

With Joseph Panico

ELMONT LIBRARY CARDHOLDERS ONLY
REGISTRATION BEGINS TWO WEEKS BEFORE THE EACH CLASS.

PLEASE BE KIND TO OTHERS AND ONLY REGISTER
FOR THE CLASSES THAT YOU WILL DEFINITELY ATTEND.

PLEASE CALL TO CANCEL IF YOU CANNOT ATTEND.

REGISTRATIONS CAN BE MADE IN-PERSON, ON-LINE OR OVER THE PHONE.

LIMITED CLASS SIZE

January 9 (Registration begins December 26)

January 23 (Registration begins January 9)

February 13 (Registration begins January 30)

February 27 (Registration begins February 13)

March 12 (Registration begins February 27)

March 26 (Registration begins March 12)

April 9 (Registration begins March 26)

April 23 (Registration begins April 9)



“Chi Gong” is an ancient Chinese system of exercises or movements performed in meditation, which promotes relaxation and inner peace.

The class, taught by Joseph Panico, consists of easy breathing and movement exercises, which anyone can do, no matter what his or her age.

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00 HEMPSTEAD TURNPIKE—ELMONT, NY 11003
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