

Join the Global Wave of Healing Energy!

# WORLD TAI CHI & QIGONG DAY

***Be part of this free family event!***

Come "play" and learn how Tai Chi and Qigong can boost your energy, improve your balance and help you reduce and manage stress. Program will feature demonstrations, audience participation and a special segment for kids.

Join us in Akron's observance of this annual event to promote health and healing in individuals, communities and nations.

***Together we can make a difference.***

Bring a lawn chair. Gather in the garden.  
In case of rain, meet in the lobby.

**Saturday, April 28**

**9:30-11:30 a.m.**

**Akron Art Museum**

**One South High Street**

**with NG Energy's Nancy Gardner,  
Certified Tai Chi and Qigong Instructor**



AkronArtMuseum.org

**More information:** [nancyg@ngenergy.us](mailto:nancyg@ngenergy.us)  
330-945-5533 | [www.ngenergy.us](http://www.ngenergy.us) 

Classes available in Akron, Fairlawn and Green  
Senior-specific classes available at Rockynol



**energy**