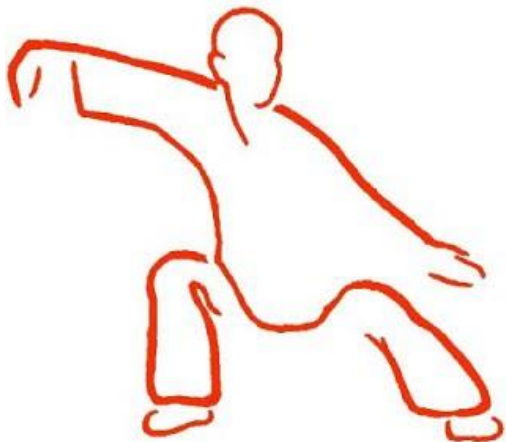


# LINCOLN



## WELLNESS CLASSES

# QIGONG CLASSES



**Saturday, September 25**  
**Virtual: ZOOM 11am-12pm**  
**Registration Required**

Qigong is an ancient Chinese system of movements and breathing that promote flexibility, health, and healing. Join Bob Sonnenberg, certified Wu Yi Jie Ha Family System Qigong instructor, as he guides you through the movements and into meditation. Can be done either sitting or standing.

Pennsylvania State and County Department of Health guidelines will be followed during this program. **Please register online at <https://events.erialibrary.org> or call 451-7085.**

**Sponsored by the Friends of the Erie County Public Library.**

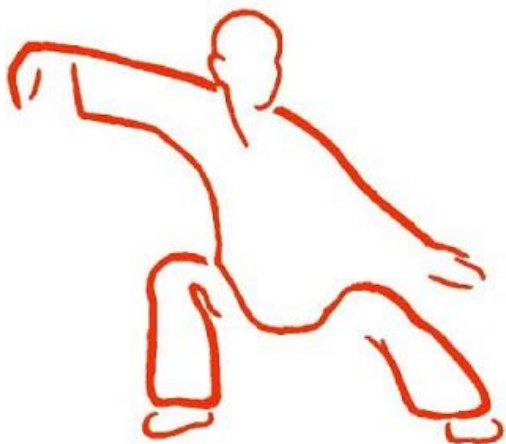


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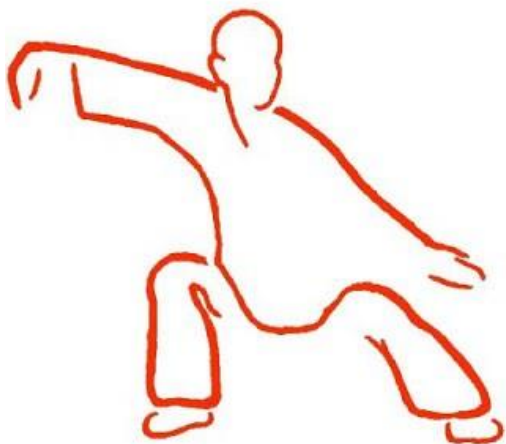


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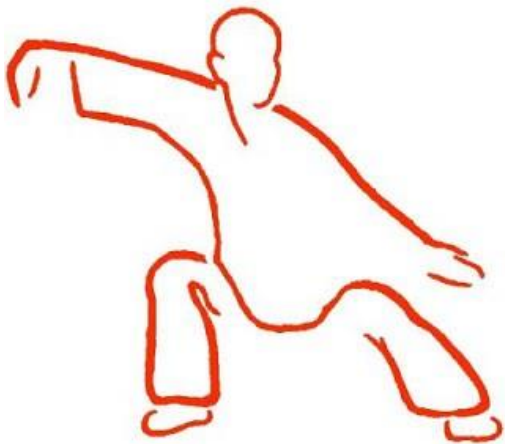


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