

# *Anti-Cancer Qi Gong*



Roberto Masferrer is a certified qi gong instructor through the Ling Gui School of Qi Gong and is the owner of Kumo Acupuncture and Oriental Medicine.

Qi Gong is an ancient form of moving meditation. In this series I will introduce a variety of simple forms which help the body to fight cancer and achieve optimal health. Because these forms strengthen the immune system, nourish the internal organs, and calm the mind they are excellent for anyone seeking to improve their health.

This is a beginner's class but all skill levels are welcome. The class will be ongoing, weekly, beginning Thursday, September 15th, at 7pm at the Many Waters Wellness Center. Try the first class free. Subsequent classes are \$10 each, or \$30 for an entire month.

Please Contact Roberto to sign up, or if you have questions about the class.

503-318-9490

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*GUIDING YOU TO OPTIMAL HEALTH*