



Clara Maass Medical Center

# Chi Kung for Women

*Clara Maass Medical Center is offering Chi Kung for women who have or have had breast cancer. Chi Kung uses breathing techniques, gentle movement and meditation to promote healing of the body and mind. This class will benefit women who wish to strengthen their spirits and health. **There is no cost to participate.***

*Offering two 8-week sessions.*

Tuesdays, September 13-November 1, 2011; 7-8 p.m.

Education Room

50 Newark Ave, Belleville, NJ 07109

Thursdays, September 15-November 3, 2011; 1-2 p.m.

The Center for Healthy Living

292 Bloomfield Ave. Montclair, NJ, 07042

*To register, or for more information, please call Anabela at 973.844.4173.*

 **BARNABAS HEALTH**  
Clara Maass Medical Center

SUSAN G.  
**Komen**  
FOR THE **cure** NORTH JERSEY

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