

THE CENTER FOR INTEGRATIVE MEDICINE
University of Maryland School of Medicine
Introductory Medical Qigong
Practical Applications of Self-Care Techniques



5:15 pm - 6:30 pm, Every Wednesday

Would you like to...

Reduce stress?

Relieve pain?

Refresh your mind?

Recharge your energy?

And learn a healing tradition

with thousands of years of history...?



Join Us for a Special Weekly Gathering

Contents: Qigong warm-up, ancient wisdom of life-nurturing, three ways gathering Qi. Eight Pieces of Brocade, Six-Syllable Formula (Six-Healing Sounds), Five-Animal Play, Integrative mind-body-breath meditation, Stress-management w/ Qigong, Lowering Blood-pressure Qigong, Taiji Five-element Qigong, and more.

Instructor: Dr. Kevin Chen is an Associate Professor at the Center for Integrative Medicine. A certified instructor of medical Qigong, Dr. Chen is also a NIH-funded researcher in clinical studies of qigong therapy for arthritis and for addiction.

Fee: First class is a free trial; afterwards:
\$10 per session – pay as you come or
\$100 for three months (13 sessions) with a 50% refund for full attendance
20% discount for Kernan Hospital/UMB employees, and seniors (60+)

Location: Kernan Hospital Cottage; 2200 Kernan Drive; Baltimore, MD

Registration: 410-706-6166

THE CLINIC AT THE CENTER FOR INTEGRATIVE MEDICINE

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Primary Care ✧ Physician Consultations ✧ Acupuncture ✧ Psychotherapy/Counseling ✧ Massage
✧ Homeopathy ✧ Craniosacral Therapy ✧ Nutritional Counseling ✧ Osteopathic Manipulation
✧ Shiatsu ✧ Reflexology ✧ Yoga ✧ Qi Gong ✧ Tai Chi

