

**COPE Network**  
**Community Outreach and Prevention Network**  
**copenetwork.org**

**Building Connections**  
***Creating a compassionate community***

Qigong/Tai Chi January to April 2019



**Every Sat 10:00-11:00am**

**Cost—donation (\$5—\$15)**

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Drop in classes for Tai Chi Easy—no previous experience needed. Wear comfortable clothes and shoes.

**Instructor Matu Kurzawa**

What is Qigong/Tai Chi? Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent.

- Improves balance and coordination.
- Supports drug and alcohol addiction recovery.
- Aids in healthy weight loss.
- Supports PTSD recovery.
- Increases energy.
- Balances mind and body.
- Supports healthy longevity.
- Provides a deep sense of peace and well-being.
- Relieves chronic pain.
- Improves sleep quality

**EVERYONE IS WELCOME**

Participants must be 18 years old.

*Learn more about Building Connections by going to our website [copenetwork.org](http://copenetwork.org)*

2705 Virginia Ave. Kalamazoo (corner of Mosel and Virginia)

A 501c3 tax exempt organization