

QI-GONG

The art of slow movements and breath
to increase energy and improve health

QI-GONG:

- Enhances confidence
- Relieves depression
- Firms the body
- Alleviates asthma
- Eases back pain
and other conditions



Fridays
3:30 p.m. - 4:30 p.m.
with Ruth French



Cost:
\$50 for series of six
\$45 student or senior
\$10 drop-in rate
RSVP: (509) 483-6495



Spirituality

Spiritual Direction
Meditation
Programs and Workshops

Retreats
Private
Guided
Spiritual
Group

Healing Arts Services

Therapeutic Massage
Qi-Gong



Counseling

Individual
Family
Couple

Mediation

Classes
Parenting Children of Divorce
Anger Management



QI-GONG

To register for this program please fill out the form below and send it, along with payment to:

Attn: Therese Walden
The Franciscan Place at St. Joseph Family Center
1016 N Superior
Spokane, WA 99202



St. Joseph Family Center, a non-profit agency sponsored by the Sisters of St. Francis of Philadelphia, provides counseling, spirituality, retreats, and healing arts, in order to promote the inner growth of each person served.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

Email: _____

Form of payment: Enclosed: \$ _____
Check Cash

Credit Card

Credit Card Type: _____

Number: _____

Expiration: _____

Security Code: _____



The Franciscan Place at St. Joseph Family Center fosters the reintegration of mind, body and spirit through the design and delivery of experiential learning, by creating a welcoming place of respite and by living and acting in an integrated way with the community of St. Joseph Family Center.



1016 N. Superior St. Spokane, WA 99202
* (509) 483-6495 * www.sjfconline.org



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The Franciscan Place
at St. Joseph Family Center



MIND



BODY



SPIRIT

All Faiths Welcome