

Complementary, Alternative and Integrative Medicine



Join us for

## Introduction to Meditation – Qi Gong Workshop

October 10th, 2009 3:00 - 5:00 PM

310 Freer Hall (906 S. Goodwin Ave. Urbana)



Students, Faculty, Staff and Public

The College of Medicine Presents - Qi Gong Workshop

Weimo Zhu, PhD

**Introduction:**

Qi-gong is an ancient Chinese body-mind exercise with a rich history of more than 2,000 years. The gentle movements, easy postures, and simple meditation techniques bring about what the Chinese believe is balanced energy flow which results in optimum health of the body and mind. Qi-gong therapy has been widely used in China to help in the treatment of cancer and other chronic diseases.

Please register in advance via: [rday@illinois.edu](mailto:rday@illinois.edu)

Other programs, please visit: [http://www.med.uiuc.edu/depts\\_programs/ClinicalAffairs/CAIM/index.php](http://www.med.uiuc.edu/depts_programs/ClinicalAffairs/CAIM/index.php)