



# TAI CHI / QIGONG

At our Living Well Community Hub we run a weekly Tai Chi / Qigong group to support anyone living with a long term condition who feels this may help them.

The practise of Qigong (said Chee Goong) can be practised standing or seated and helps to:

- relax the body
- calm and focus the mind
- raise (or lift) the spirit
- improve the breathing
- improve circulation
- to energise and strengthen the whole system
- to promote improved health and well-being
- to strengthen the immune system
- move stagnation/feelings of being stuck
- to find balance and stability in all ways

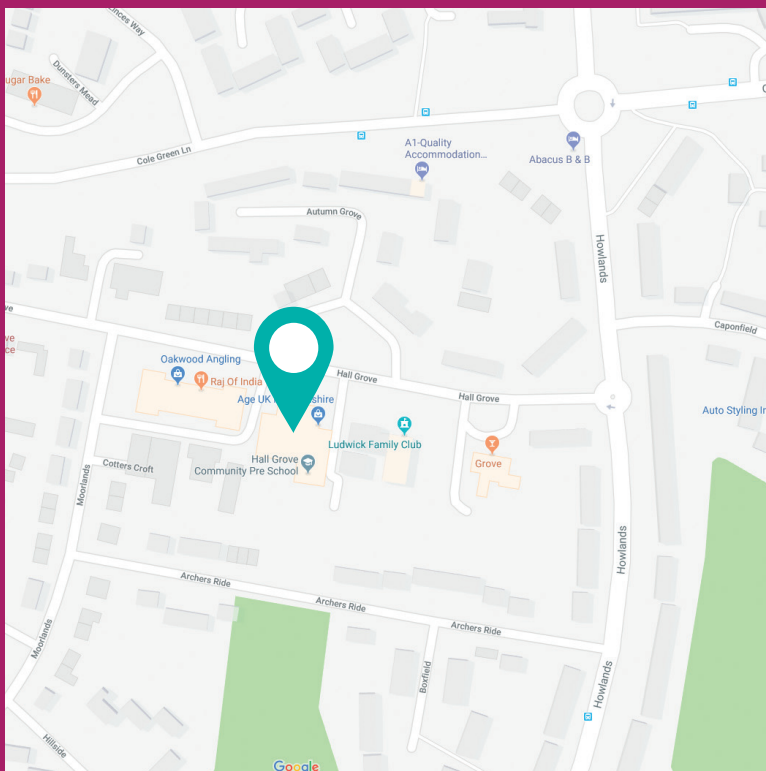
## WHEN

Thursdays  
10:30am - 11:30am

## WHERE

Living Well with Isabel  
Community Hub,  
Welwyn Garden City

Isabel  
Hospice



 Living Well with Isabel Community Hub, Hall Grove,  
Welwyn Garden City, Herts, AL7 4PH

**If you'd like to discuss your needs or attend  
this group please contact;**

**livingwell@isabelhospice.org.uk  
or call 01707 382500**

**www.isabelhospice.org.uk**

**t. 01707 382500**

**e. livingwell@isabelhospice.org.uk**



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WELWYN GARDEN CITY