



Quality of Life Seminar

Quality of Life? Something we might not think about often.
Positive qualities: Healthy, strong, limber, physically active.
Negatives affecting us: Stress, worry, sedentary life style.

Learn to reduce stress and anxiety in your life while working
on your balance and energy level.

Traditional Chinese forms will help you learn to balance and
concentrate while practicing.

Join us on Monday evening 7 to 8pm in the Marcy Room.

November 13th, at the Stoneham Public Library

431 Main Street, Stoneham MA

A Public Service Seminar brought to you by

Human Harmonies /

Body Mind Systems, Stoneham, MA

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