



# QiGong for Seniors: Management of Hypertension & Diabetes

Hypertension can lead to stroke, heart attack, heart failure & kidney failure. Diabetes can lead to kidney damage, organ failure, blindness and amputations.

This four-week session will focus on simple but easy techniques to decrease high blood pressure and control diabetes through an easy exercise program that will promote the natural healing processes of the body to address concerns of these potentially dangerous disorders.

**Accepting Enrollment  
Now!**

**Willingboro Kennedy Center  
429 JFK Way  
Willingboro, NJ 08046**

**Mar 16 - Apr 6, 2010**

**Tuesdays  
10 am - 11:30 am**

**Cost Only: \$26.75**

Use the form below to register by mail or Walk-In.  
For more information: (609) 518-9399 or email: yangqichen@aol.com

------(cut here & return the lower part of this form)-----

**QiGong for Seniors**

**Hypertension & Diabetes**

**Mar 16 – Apr 6, 2010**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Make out check/Mo **\$26.75** payable to:

**“QiSsage Body Systems, LLC”**

Circle one of the below methods of payment:

Cash      Check # \_\_\_\_\_      Money Order # \_\_\_\_\_

Mail remittance & registration to:

**QiSsage Body Systems, LLC  
3 Warwick Road  
Eastampton, NJ 08060**