



Health Preservation Association

Grandmaster Jiang Jianye is proud to present

- *Tai Chi: Balance of Life*
- *QiGong for Diabetes*



*taught by Certified HPA Instructor:
Shifu Jonathan B. Walker, Ph.D.
QiSsage Body Systems, LLC*

This 1-Day Winter Workshop will teach you:

Learn how Tai Chi can address many health care issues with its simple practice that anyone can perform. Based on ancient Chinese philosophies of maintaining balance and harmony of the mind, body and spirit, it can create a healthier you.

QiGong for diabetes is a system that combines different Qi Gong forms with massage and acupuncture at specific meridians to help those with diabetes. These simple forms can be practiced by anyone.

Who should attend this workshop? Everyone!

Certainly if you have diabetes, you should be in this workshop. However, if you have a family member that is diabetic, you should also attend to help decrease your chances of contracting diabetes. If you are not diabetic and no one in your family is diabetic, you should still attend this workshop to decrease your incidences of contracting diabetes and learn how to help others with diabetes.

For information and registration, call: Shifu Walker (609) 518-9399 or email to: yangqichen@aol.com