

Complementary Health & Exercise

Summer 2011

FREE!

Chinese Qigong & Diet
Therapies for Hypertension

Understanding
Auricular
Acupuncture



Ear Massage to Strengthen Health



The Quarterly Magazine bringing you
news and programs on complementary
methods of healthcare and exercise.



七星武道

50 Secrets of the Worlds Longest Living People

There are places in the world where, all along, people have commonly lived to 100 and beyond without suffering so much as a headache.

How do they do it?

Find out in this class!



Lombard Park District
433 E. St. Charles Rd.
630 620 7322

Saturday, September 17th
1:00pm - 2:00pm

Creating a Vision Board



By selecting words and pictures of the things you wish to manifest in your life

you can bring clarity, focus, and intent to your dreams; create your vision board and clarify your intentions!

Sunday, July 24th
1:00pm - 2:00pm



630 260 6060
The Sports Hub,
250 Civic Center Plaza,
Glendale Heights, IL 60139

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Seven Stars
Martial Arts

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Tai Chi Sword

July 14th & September 1st
Thursdays at 3:00pm - 3:30pm

Iowa Community Centre,
338 N. Iowa Avenue, Villa Park, IL 60181
630 834 8970

(Previous Tai Chi experience is required)