

# 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 17<sup>th</sup>  
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 24<sup>th</sup>  
1:00pm - 2:00pm



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

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## Tai Chi Sword

July 14<sup>th</sup> & September 1<sup>st</sup>  
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)