

# GROW OLD GRACEFULLY

a workshop with Christi Gleason



**Monday, January 20  
10:00am**

Join Christi to learn about your archetypes which help determine the illnesses they are most prone to experience.

Prior to attending class, you will complete a quiz to determine your predominant archetype prior to arriving. The questionnaires are available on the website under flyers or at the clubhouse by the flyers.

At the workshop we will discuss how eastern medicine deals with this information to help them lead to healing. Christi would like to incorporate more qigong work in her classes. This workshop will help you get the most of the movements.

Please [REGISTER](#) in advance.

*Qigong is a mind-body practice that combines breath, movement, and intention to improve health, well-being, and spirituality.*