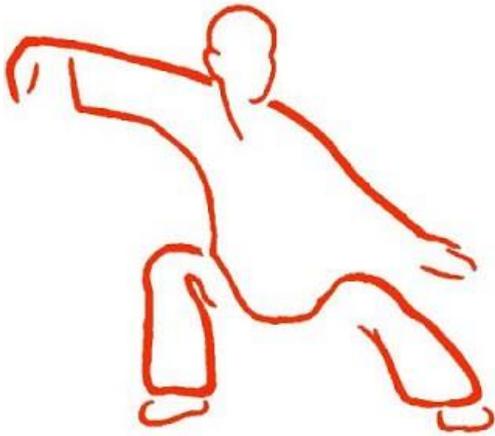


# VIRTUAL



WELLNESS CLASSES

## QIGONG CLASSES



**Wednesday at 12noon**  
**September 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>**  
**Virtual: ZOOM**  
**Registration Required**

QiGong is an ancient Chinese system of movements and breathing that promote flexibility, health and healing. Join Bob Sonnenberg, certified Wu Yi Jie Ha Family System QiGong instructor, as he guided you through the movements and into meditation. Can be done either sitting or standing.

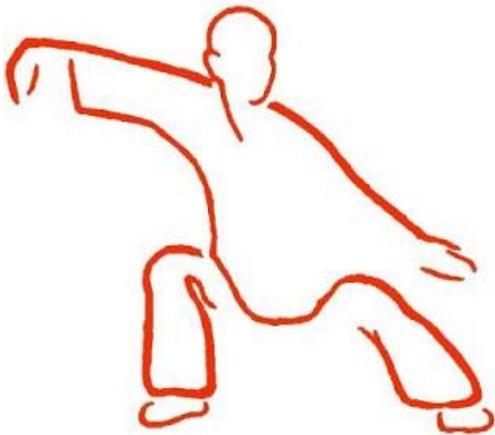
Please register online at <https://events.erielibrary.org> or call 451-7085. Once registered, a ZOOM link will be sent to you.

**Sponsored by the Friends of the Erie County Public Library.**

# VIRTUAL



## QIGONG CLASSES



**Wednesday at 12noon**  
**September 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>**  
**Virtual: ZOOM**  
**Registration Required**

QiGong is an ancient Chinese system of movements and breathing that promote flexibility, health and healing. Join Bob Sonnenberg, certified Wu Yi Jie Ha Family System QiGong instructor, as he guided you through the movements and into meditation. Can be done either sitting or standing.

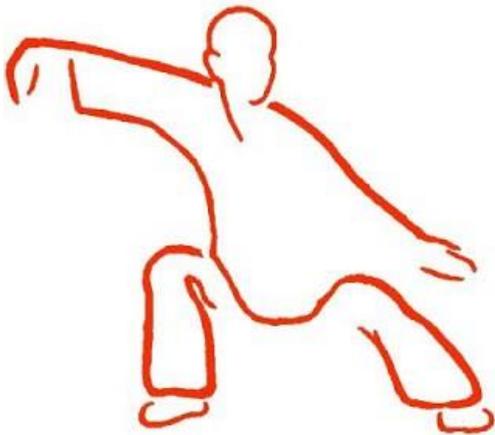
Please register online at <https://events.erielibrary.org> or call 451-7085. Once registered, a ZOOM link will be sent to you.

**Sponsored by the Friends of the Erie County Public Library.**

# VIRTUAL



## QIGONG CLASSES



**Wednesday at 12noon  
September 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>  
Virtual: ZOOM  
Registration Required**

QiGong is an ancient Chinese system of movements and breathing that promote flexibility, health and healing. Join Bob Sonnenberg, certified Wu Yi Jie Ha Family System QiGong instructor, as he guided you through the movements and into meditation. Can be done either sitting or standing.

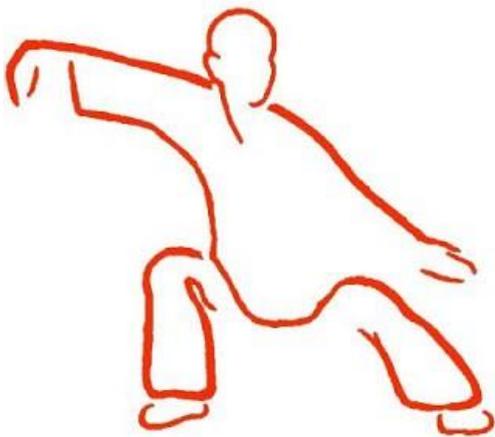
Please register online at <https://events.erielibrary.org> or call 451-7085. Once registered, a ZOOM link will be sent to you.

**Sponsored by the Friends of the Erie County Public Library.**

# VIRTUAL



## QIGONG CLASSES



**Wednesday at 12noon**  
**September 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>**  
**Virtual: ZOOM**  
**Registration Required**

QiGong is an ancient Chinese system of movements and breathing that promote flexibility, health and healing. Join Bob Sonnenberg, certified Wu Yi Jie Ha Family System QiGong instructor, as he guided you through the movements and into meditation. Can be done either sitting or standing.

Please register online at <https://events.erielibrary.org> or call 451-7085. Once registered, a ZOOM link will be sent to you.

**Sponsored by the Friends of the Erie County Public Library.**