

Tom Pasley and St. Louis Qigong Present:

Fire Dragon Qigong

**Enhances the Immune System
Regulates and Stabilizes Blood Pressure
Increases Energy in the Body
Strengthens the Body and Improves Balance**



**Location: Maryland Heights Community Center
2344 McKelvey Rd
Maryland Heights, MO 63043**

**Time: Wednesdays 6:30 - 7:30 p.m.
Dates: Nov. 3 - Dec. 17 (No class on Nov.24)**

\$42/resident \$48/non-resident

**Call and Register Today!
(314) 738-2599**