

**FREE Presentation**



# **Qigong**

**(an overview & demo)**

**Sunday, July 20, 2008**

**Starting at 3 pm**

**Learn all about T'ai Chi,  
its incredible range of  
HEALTH BENEFITS,  
and what it can do for YOU!**

*Those who pre-register will have a chance  
to win FREE T'ai Chi & Qigong lessons.*

**herbal tea & light refreshments will be provided**

*another topic each month*

**Oriental Medicine and Health Services**

**Brian C. Allen, MSTOM**

1201 Philadelphia Pike, Suite D

Wilmington, DE 19809

302-792-2831 • [info@omhs.biz](mailto:info@omhs.biz) • <http://omhs.biz>

Call or write for more information.

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