



**CANCER SUPPORT NOW**

*...so that no one faces cancer alone*

**8th Annual Living With And Beyond Cancer Conference**  
**Saturday, March 23**  
**Central United Methodist Church, Albuquerque**

## **AI CHI**

**AI – LOVE**

**CHI - Chinese medicine and exercise, the most important energy that a person has.**

**Renee Budagher Marshall**



**One of your four morning break-out session choices and to be experienced by all during the break for gentle movement**

Ai Chi is a water-based stress reduction and relaxation exercise based on the ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a perfect relaxation technique for highly stressed, over-challenged individuals, and it is ideal for creating improved range of motion, mobility, posture, balance and over all wellbeing. Renee was the 2018 recipient of the Aquatics Therapy Rehabilitation Institute International Dolphin Award for her significant contributions to advance the Aquatic Therapy profession.

**Conference is FREE, Registration is required. Please register online at [cancersupportnow.org](http://cancersupportnow.org) or call 505-554-1930**