

Esperanza Self-Help Center presents



Join us and learn about:

- This centuries-old system of coordinated body-posture and movement, breathing, and meditation.
- How Qigong is used for the purposes of health, spirituality, and martial arts training.

Esperanza Self-Help Center
1235 First Street
Gilroy, CA 95020
1 408-852-4370
www.sccbhsd.org/esperanza

Friday
February 21, 2020
1:00 – 2:00 p.m.



COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery