



Simms/Mann  
UCLA Center for Integrative Oncology  
*Optimizing Wellness*

## QIGONG CLASS

**QiGong** is the ancient Chinese art for restoring health and prolonging life. **QiGong** promotes healing, mental health and clarity as well as systemic changes in lifestyles to promote long-term health and fitness.

The group is facilitated by **Master Wei Zhong Tang**, who has taught **QiGong** for 35 years.

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**When:**            **Wednesdays, 10 a.m. - 12 p.m.**

**Where:**         **Patio between 200 and 300 Medical Plaza**

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There is no charge for this class. However, we encourage and greatly appreciate donations which allow us to expand our program and to continue providing free psychosocial services to individuals with cancer.

**For information or to enroll, please call 310-794-6644.**

For further information on QiGong see Master Yu's website:  
<http://wenmeiyu.com>