



Women of Wisdom presents

# Morning Qigong Practice

Learn more about empowering yourself  
with your own vibrant life force energy –  
also known as Qi.

We will be guided by  
Dr. Julie Two Moon, Naturopathic  
Medicine Doctor and Oriental Medicine  
Practitioner. Founder of Thriving Health.  
Dr. Julie has practiced and taught  
Qigong for over 25 years.

**Date:** Saturday, May 11th  
**Time:** 9:30 a.m. for refreshment and conversation  
10 a.m. for the program  
**Location:** 774 N. Sheldon Road, Plymouth  
**Hospitality:** Linda Grosscup  
**Leadership:** Flossie Erzen