



Welcome to join us at noon Tuesday, June 29th , for our summer start to Wisdom Healing Qigong at Government House on the lawn today ... and then every Tuesday until mid-September ...

Welcome to join us at noon on Thursday, July 8th for our summer start to T'ai Chi Chih at Government House on the lawn starting next week because of July 1st holiday ... and then every Thursday until mid-September ...

Can also be done seated ... bring along a chair if you wish ... and a friend!
ALL WELCOME!

See my NEWS page at www.sheilaleonard.ca for continuing updates and any cancellation notices such as due to weather ... or add your name to my mailing list for automatic future updates at sheilaleonard@nf.sympatico.ca

Come, R-E-L-A-X and en-JOY!

More WELL wishes!



Sheila