



Celebrate Health in Lincoln!



Refresh & Recharge

Thursday, November 8, 2018.

Refresh your mind, body and spirit with Suman Barkhas, internationally renowned Tai Chi and Yoga Master. All ages and levels are welcome. Wear comfortable clothing.

- **Gentle Yoga, 11:30 a.m. – 12:30 p.m., Auld Pavilion, 1650 Memorial Drive.** Yoga can boost your physical, mental, and emotional fitness. Please bring a mat or blanket.
- **Tai Chi, 1:30 – 2:30 p.m., Auld Pavilion, 1650 Memorial Drive.** Tai Chi's gentle, relaxing movement combines breathing, mental imagery and mindfulness to improve posture, balance and strength.
- **Qigong, 5:30 – 6:30 p.m., The Loft at The Bridge, 721 K Street.** This ancient Chinese practice uses slow, easy motion to reduce stress and anxiety, promote healing of the whole body, and balance life energy.

All Health 20/20 events are free and open to the public.

20 YEARS



Community Health
Endowment of Lincoln

Co-sponsored by the Community Health Endowment
(CHE) of Lincoln and Aging Partners
in celebration of CHE's 20th Anniversary.
For more information about Health 20/20 events,
visit chelincoln.org or call (402) 436-5516.

