

Please register early to avoid disappointment!

Lian Gong Shi Ba Fa for beginners

(练功十八法)

is a set of therapeutic and health care exercises developed from ancient Chinese traditional medicine, acupuncture, age-old massage techniques and ancient Chinese martial arts.

It comprises of 3 parts, with each part being a set of 18 exercises.

Part I helps in alleviating sprains, strains and stress

Part II relieves aches in joints and treatment of internal organs

Part III concentrates on breathing exercises for healing bronchial asthma, respiratory, circulatory disorders and heart problems.

<u>Day/Date:</u>	Tuesday (3 February 2009)
<u>Time:</u>	8.30am. – 9.30am
<u>Venue:</u>	9 Bishan Place Junction 8 Shopping Complex 3 rd floor Open Plaza (opposite Best Denki)
<u>Fee:</u>	\$30.00 (3 months)
<u>Tel:</u>	To register, please call: 6478-5010 <u>or</u>
<u>Email:</u>	ann.puah@centreforseniors.org.sg

I want to sign up for Lian Gong Shi Ba Fa

Name: _____

Address: _____

NRIC No: _____ DOB: _____

Tel (H/P): _____ (Res): _____