



Dr Johnson's Qigong Classes Begin Again! June 10, 2015

Location: The Gleanings Foundation off of Mountain Creek Road
(just before Mountain Creek Church)

Day & Time: Wednesdays from 5:00pm - 6:00pm

Dates: June 10th, June 17th, June 24th
and July 1st, 2015

Wear comfortable clothing. No special equipment needed. These exercises may be done from a chair and the Gleanings Foundation has Handicap Access. The exercises are quite easy, and they're very helpful for maintaining health or as a therapy for many different diseases in China.

These Classes are by donation to The Gleanings Foundation



If you are coming from town, the Gleanings Foundation can be found 2.2 miles up Mountain Creek Road from Sweetwater (NC Hwy 143). Then take a right turn on Shope Road, and follow the white lines on the roads, as well as the Brown Directional signs for The Gleanings Foundation, to 167 Lodge Lane.

If you have any questions, or need further directions, call Nina at The Gleanings Foundation at 828-479-2233.