

The City of Milwaukee Wellness Steering Committee is pleased to announce the continuation of mini workshops on improving your health using Traditional Chinese Medicine techniques.



The sessions are free and open to all City employees and no experience is necessary. Wear comfortable clothing as mild movement is required. Flat-soled shoes are recommended.



Registration is not required...*just show up!*

The sessions are as follows:

Wednesday, Oct. 21:	Self Healing Massage – Getting Tingly
Wednesday, Nov. 18:	5 Animal Qigong – How Animals Do It
Wednesday, Dec. 16:	Meditation – Get into Yourself
Time:	12:00 pm – 12:40 pm
Location:	Zeidler Municipal Building Fishbowl, Broadway St. entrance)
Presenter:	Tim Duehring, Hunyuan Taiji Academy – Milwaukee