

# Stress Relief Class

**Relax and Have Some Fun! Improve your Health!**

**1st and 3rd Tuesdays of the month  
6:00 - 7:00 pm**

Everyday people are feeling more stress than ever due to the economy and added pressure in the work environment. Stress is on the rise and this can lead to a variety of health and emotional problems, as well as low energy.

Master Henry Cheng's Tai Chi Wellness Center is now offering a Stress Relief class for a very modest price. Henry will be teaching Relaxation Techniques (Qigong) that help to reduce stress, decrease anxiety, restore energy, and improve concentration. Henry is passionate about passing on his knowledge to help with this growing problem.

The Tai Chi Wellness Center is a warm and friendly place to relax and melt away stress.

This class will uplift your spirits, calm your mind, and improve your mental focus.

Open to the public (no enrollment necessary) drop in fee at the door: \$12.00.

## About Master Henry Cheng

- Wu Style Tai Chi Fifth Generation Master
- Over twenty five years teaching in San Diego
- Received the 5th Annual Asian Heritage Medicine & Health Awards, 2007
- Member of the IDEA Health & Fitness Association
- Developed a special curriculum, *Tai Chi for Arthritis*, in collaboration with the YMCA of San Diego County and the National Arthritis Foundation
- Taught numerous classes in universities, colleges, hospitals, and clinics



## Master Henry Cheng's Tai Chi Wellness Center

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