

LUNAR NEW YEAR 2018
Year of the Brown Dog Celebration
with Janet Zabrosky at



Sunday, February 18th

From 1pm-3pm

\$ 25.00

Celebrate the Chinese New Year by practicing Qigong and learning more about the five elements- Wood, Fire, Earth, Metal & Water, and how they relate to the organ system of the body.

We will also play with paint on canvas

NO EXPERIENCE NECESSARY

Put your New Year's thoughts, intentions, and goals on canvas for a friendly reminder throughout the year.

LIMITED PARTICIPATION

Contact Janet today to reserve your spot
(847) 269-7896 or JanetZabrosky@yahoo.com

GoodLife Fitness Studio

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