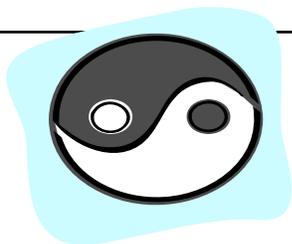


Lost your way with your fitness routine? Feeling stressed? Low Energy?
Experiencing a short fuse? Injuries holding you back from working out?

**Ft Totten FDNY-CSU welcomes active duty
and retired members to eight weeks of classes
to get moving again and to de-stress.**



Qi-Gong

with Michael McComiskey
(pronounced Chi-gong)

A moderate exercise program originating in China that combines movement, breathing and meditation to both strengthen and relax body and mind. Practiced mostly upright, it is easy on the joints—gentle yet effective.



Where: Ft Totten CSU

Ft Totten Bldg 413B

Bayside, NY 11364

(718) 352 2140

When: Fridays 12:30-1:45

Beginning February 5th

To register or with questions contact Jessica Metz at (212) 570 1693 x 380 or
metzj@fdny.nyc.gov

