



COFFEE, CLASSES
& CAMARADERIE

Explore QiGong



Join Sue Vanags as we explore the ancient moving meditation of QiGong. We'll learn the basics and background of the postures, breathwork, and benefits of this practice, as well as experience a guided meditation and movement demonstration. Don't miss this chance to bring a new, invigorating practice into your summer! Sue Vanags is a certified health coach, massage therapist, and shiatsu practitioner in Evanston. She is the author of *Young Body, Young Mind* and practices QiGong twice a day.

Monday, July 14, 2025 • 11am

Anshe Emet Synagogue, 3751 North Broadway, Chicago

Registration required. Free. Open to all.



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HERE TO REGISTER**



For more information, email community.engagement@cje.net

cje SeniorLife
Jewish values for positive aging



*In memory of
Frances Kales Alpert*



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

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