

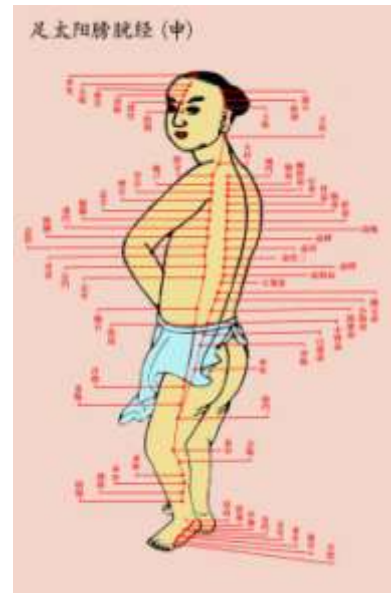
April 21, 2011

Try the Chinese Meridian Workout at the library

Dress in casual clothing, visit the Olympia Timberland Library and join in a free class in the Chinese Meridian Workout with Jenny Gao on Friday, April 29, 6 to 7 p.m. after open hours.

Based on the principles of Traditional Chinese Medicine, the meridian workout was developed in the 1970s in China to promote the wellness of the general public. “It is very simple to learn and uses no equipment,” states Gao.

Ms Gao, who was born and grew up in China, will introduce key concepts followed by some simple and efficient moves. According to Gao’s blog, meridian exercise regulates chi (*energy*) flow and blood circulation through the meridians of the body, strengthens inner organs, creates flexibility and cleanses the lymphatic system to achieve efficacy in preventing and treating disease and preserving health.



For details, see Gao’s blog post on meridian work at <http://chinesegarden101.blogspot.com/2011/01/huichun-meridian-workout.html>,

The Olympia Timberland Library is located at 313 8th Avenue SE. For more information, contact the library (360) 352-0595, or go to www.TRL.org.