



The Ultimate Tool to Reduce Stress

What: Sign Chi Do...

Where: Stepping Stones of Hope

When: Tuesday, November 13, 2007

Time: 7:00 - 8:00 PM

Exercise the Mind, Body and Spirit with this spiritually based relaxation program created and designed by a medical physician incorporating Sign Gesture, Breathing, Intention and Movement.

Fee: Recommended donation of \$10.00 per person

RSVP: Yes, please by Monday, November 12th
by calling our office at 602.264.7520 or via email to
lorenzag@steppingstonesofhope.org



*Class is open to any community member age 14 or older.
All fitness levels can participate, and movements can be easily modified to
meet your stress reducing and fitness needs.*

Donation is tax-deductible and proceeds help underwrite program costs
for children and families grieving a death loss.

Future dates December 17th, January 14th, & February 18th

Stepping Stones of Hope
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www.steppingstonesofhope.org