

SIGN CHI DO

The Power of Integrating the Mind, Body & Spirit!

Do you Struggle with.... Staying Focused? Anxiety? Stress?

Sign Chi Do is an innovative tool that combines movement, music and sign gesture to calm the mind, exercise the brain-Body and integrate the Spirit.

Developed by a Medical Physician, Dr. Anne Borik, Sign Chi Do is medically proven to strengthen your brain-body fitness while improving your Spiritual wellbeing!

Sign up and save the following dates to learn more with Dr. Anne Borik

**Fridays: May 3, 10, & 17, 2019
1 - 2 p.m.**

Muhammad Ali Parkinson Center
240 W Thomas Rd., Suite 302 Phoenix, AZ 85013



**Register: Darolyn.O'Donnell@
DignityHealth.org or 602-406-6903.**



**Muhammad Ali
Parkinson Center**
A Parkinson's Foundation
Center of Excellence