



FREE
documentary
screening!

The Healing Mind - Meditation In Motion



Betsey Beaven,
Co-producer



Jai Bradford,
Co-producer

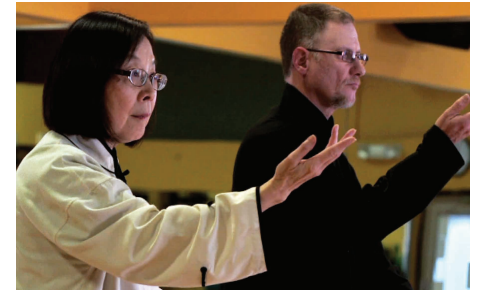
Tai Chi (Taiji) and Chi Kung (Qigong) are centuries old martial/health practices. This short documentary "*The Healing Mind - Meditation In Motion*" explores how the practice of these ancient forms of mindful movements are benefitting seriously ill patients particularly those dealing with the side effects associated with **Fibromyalgia, Arthritis and Cancer** treatments.



The documentary is produced by Vital Ingredients Pictures & Blue Umbrella Entertainment.

Evening will include:

- ~ Screening of the documentary
(approximately 30-minutes)
- ~ Short Tai Chi Demonstration
- ~ Question and Answer session.



About the Co-producers:

Betsey Beaven is the co-author of four vegetarian cook-books, a former chef, and is a homeopathic educator and health consultant. She resides in Andover, MA.

Jai Bradford is a network photojournalist, award winning producer/director, and a prolific digital marketer. He currently resides in Morrisville, NC and formerly in Exeter, NH.

Free To The Public!

Thursday, March 7, 7:00 pm

The event will conclude at 8:45 pm.

Memorial Hall Library

Memorial Hall Room (Top Floor)

2 North Main Street, Andover

R.S.V.P.
Requested

**Register online: <https://goo.gl/WhDUSR>
or by calling 978.623.8430**



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