

Celebrate

NICHOLAS J. SACCO
MAYOR

SAI RAO
EXECUTIVE DIRECTOR

CHINESE

New Year with

The North Bergen Free Public Library



FENG SHUI WORKSHOP

Celebrate Chinese New Year with Ivy from "Who Moved My Chi?" and learn easy feng shui tips for your home and office. To learn more about Ivy and the services she offers, visit www.whomovedmychi.me

FREE SNACKS AND REFRESHMENTS WILL ALSO BE PROVIDED

Thursday, February 7, 2019 at 6:30 PM

CHINESE PAPER FOLDING & CUTTING WORKSHOP

Join us to learn the ancient art forms of Jianzhi and Zhezhi during this hands-on workshop. Make it and take it!

Tuesday, February 12, 2019 at 4:30 PM



QIGONG WORKSHOP

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. This is a gentle practice that has shown to improve sleep quality, lower blood pressure, improve balance and even aid in digestion. Please join us for the one day workshop.

Thursday, February 21, 2019 at 6:30 PM

FREE!
(ALL AGES ARE WELCOME)