

FREE COMMUNITY CLASS

Help with *Chronic Pain*

QIGONG FOR PAIN RELIEF & HOPE

What would your life look like if you had hope — and knew you could do something about the pain?

There is a great deal you can do. No matter where you are in your treatment plan, attending to pain early is important — before it becomes deeply entrenched in the nervous system.

WHAT YOU'LL TAKE HOME

- Two simple yet powerful Qigong pain-relief techniques to use at home right away
- A direct experience of feeling relief — and understanding how you can shift your pain
- A renewed sense of agency and **hope**

What is Qigong? Qigong combines gentle movements with mindful awareness. Its benefits have been experienced by millions of people over thousands of years. Sabine is fully trained to teach Qigong safely and to adapt it to your individual needs.

EVENT DETAILS

PRESENTER

Sabine Goubau

Certified Ren Xue Teacher

DATE

Tuesday, May 26, 2026

TWO SESSIONS AVAILABLE — CHOOSE WHAT WORKS FOR YOU

Morning: 10:00 — 11:30 am | **Evening:** 6:30 — 8:00 pm

LOCATION

Presbyterian Church Hall — 306 Northwest Blvd, Creston

COST

FREE

A small donation (e.g. \$5) to the Presbyterian Church for use of their hall is welcomed.

REGISTRATION

Not required, but appreciated — helps us plan.

Call/text: 403-437-8832

Email: info@humanlifescience.ca

ABOUT SABINE



Sabine Goubau

CERTIFIED REN XUE TEACHER & FORMER UNIVERSITY LECTURER

Sabine taught cell biology, human biology, and communication in science at the University of Calgary. In her research, she became aware of critical gaps in mainstream science that restrict our understanding of life — and began seeking out that missing knowledge. She is now a fully certified Ren Xue ("Human Life Science") teacher.