



Tai Chi

Health & Relaxation for All Ages



Open House: Demo & Registration

Monday, January 8
7:00 p.m.

Lady MacDonald Hall
Canmore Recreation Center

Beginner Classes:

Mondays and Thursdays

6:30 - 7:30

**First Class January 11 6:30
Lady MacDonald Hall**

A Non-Profit Organization

www.canadiantaichiacademy.org