

TAI CHI 2018

January Open Houses & Free Introductory Classes

*Move to improve balance, flexibility,
focus, strength. Young and
old alike can benefit from
this time-tested art of
connected moves.*



Thursday January 18, 7 to 9 pm

Friday, January 19, 9 to 10:30 am

Saturday, January 20, 9 to 10:30 am



Phone 289-366-9956

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