



**South Georgian Bay presents a  
TAI CHI WORKSHOP**

Saturday, September 21, 2024

Mount Forest & District Sports Complex  
850 Princess Street, Mount Forest

With Tom Daly and Valerie Way-Nee

**Open Tai Chi Workshop**

“Helpful hints for some of the tricky moves”

9:30: Doors Open

10am – 12:30pm: Instructors/Corners and anyone who is considering this path

12:30 – 2:00pm: Potluck Lunch. An opportunity to meet up with old friends and make new ones. Label any containers that you would like back.

2:00 – 4:30pm: General participation – this will be an interactive afternoon!

Please bring: Indoor shoes, beverages, plates & utensils, and an open heart

CTCA members' cost:

All day -- \$15

Afternoon only -- \$15

Please pre-register with Diana: [ctcasouthgeorgianbay@gmail.com](mailto:ctcasouthgeorgianbay@gmail.com)

CTCA South Georgian Bay locations: Creemore, Kincardine, Orangeville, Owen Sound, Sauble Beach, Stayner, Thornbury