

TAI CHI

FREE CLASSES FOR SENIORS

presented by the CAMDEN COUNTY BOARD OF FREEHOLDERS



- COME AS YOU ARE AND USE SOME OF YOUR TIME TO MAINTAIN YOUR HEALTH AND REVITALIZE YOUR BODY'S SYSTEMS •
- TAI CHI DEVELOPS A UNION CONNECTING BODY, MIND AND SPIRIT - IN ESSENCE IT'S A WHOLE BODY TUNE-UP •
- CHAIRS ARE AVAILABLE AND THE CLASS CAN BE TAKEN STANDING, SITTING OR A COMBINATION OF BOTH •

WAYNE R. BRYANT COMMUNITY CENTER, 323 CHARLESTON AVENUE, LAWNSIDE, NJ 08045

SEPTEMBER

Tuesdays @ 1:30 pm
9/20 * 9/27

OCTOBER

Tuesdays @ 1:30 pm
10/18 * 10/25

NOVEMBER

Tuesdays @ 1:30 pm
11/1 * 11/15 * 11/22

CLASS SIZES ARE LIMITED AND REGISTRATIONS WILL BE TAKEN ON A 1ST COME, 1ST SERVED BASIS

TO REGISTER OR FOR MORE INFORMATION, PLEASE CONTACT TOM CASTELLANO BY CALLING
(856) 858-2986 OR BY E-MAIL, TCASTELLANO@CAMDENCOUNTY.COM