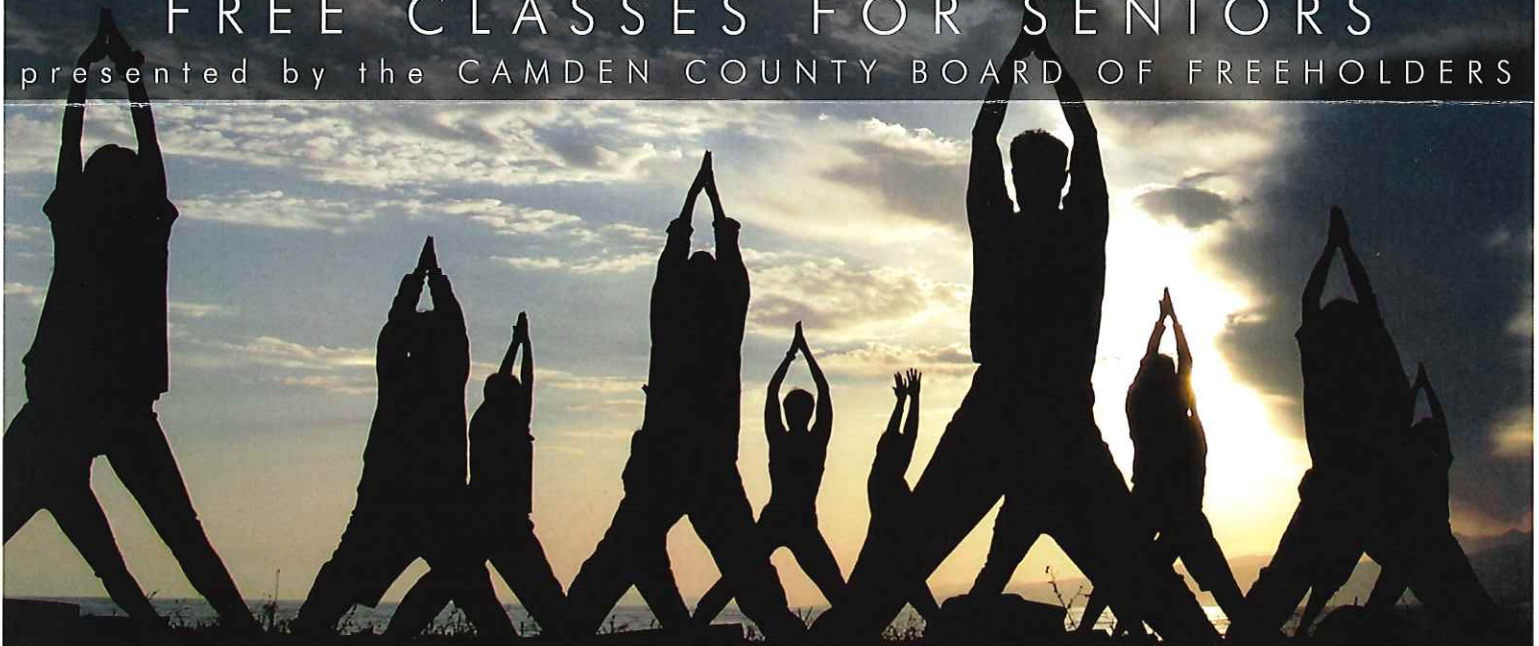


# TAI CHI

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**

**MARCH**

**Tuesdays @ 1:30pm  
3/27**

**APRIL**

**Tuesdays @ 1:30pm  
4/10 \* 4/17**

**MAY**

**Tuesdays @ 1:30pm  
5/1 \* 5/15 \* 5/22**

**JUNE**

**Tuesdays @ 1:30pm  
6/5**

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

**FOR YOUR NEWS & EVENTS  
THE BOARD OF FREEHOLDERS**

**camdencountynj**



**CamdenCounty.com**

**camden county**

Making It Better, Together.