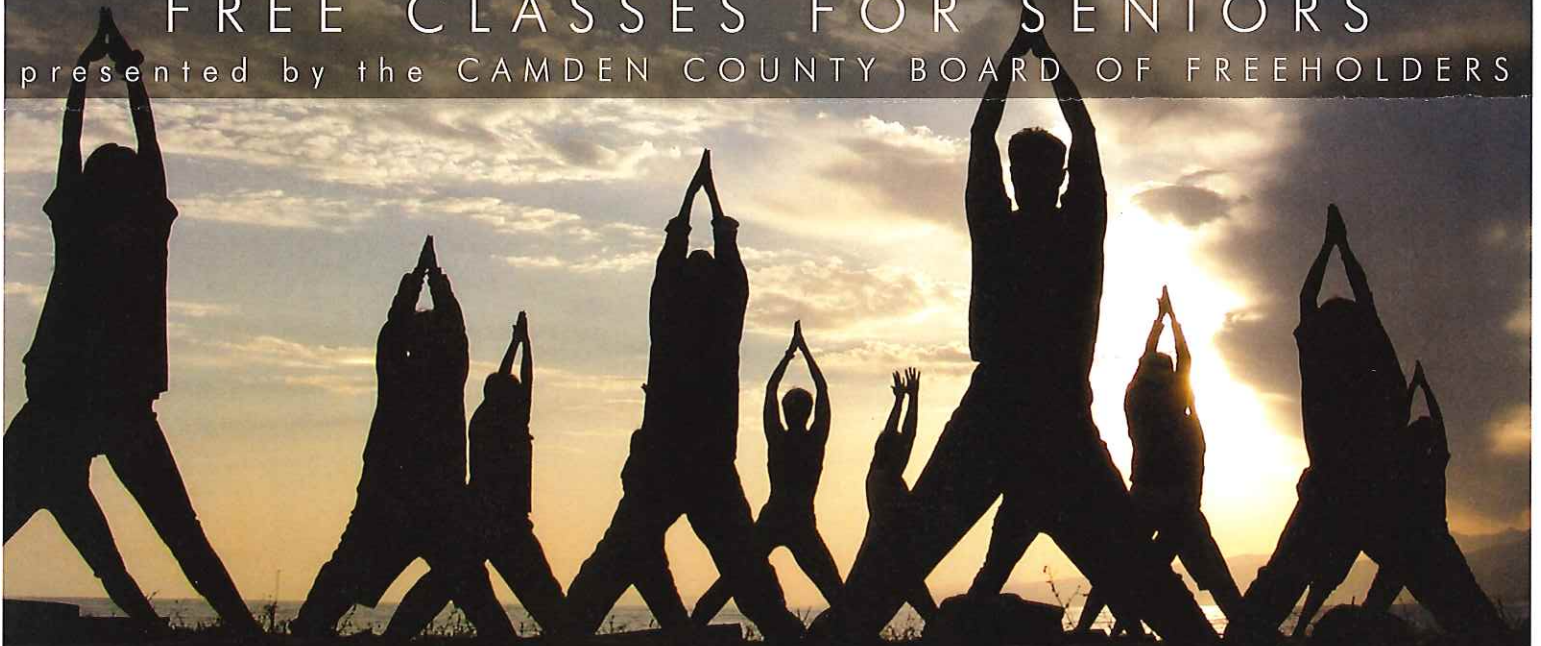


TAI CHI

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	OCTOBER	NOVEMBER	DECEMBER
Tuesdays @ 1:30pm	Tuesdays @ 1:30pm	Tuesdays @ 1:30pm	Tuesdays @ 1:30pm
9/25	10/02 * 10/09 * 10/16	11/13 * 11/27	12/4

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

To register, please contact Tom Castellano by calling (856) 858-2986, by email, Tom.Castellano@camdencounty.com, or by accessing the county website, www.CamdenCounty.com.

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THE BOARD OF FREEHOLDERS

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