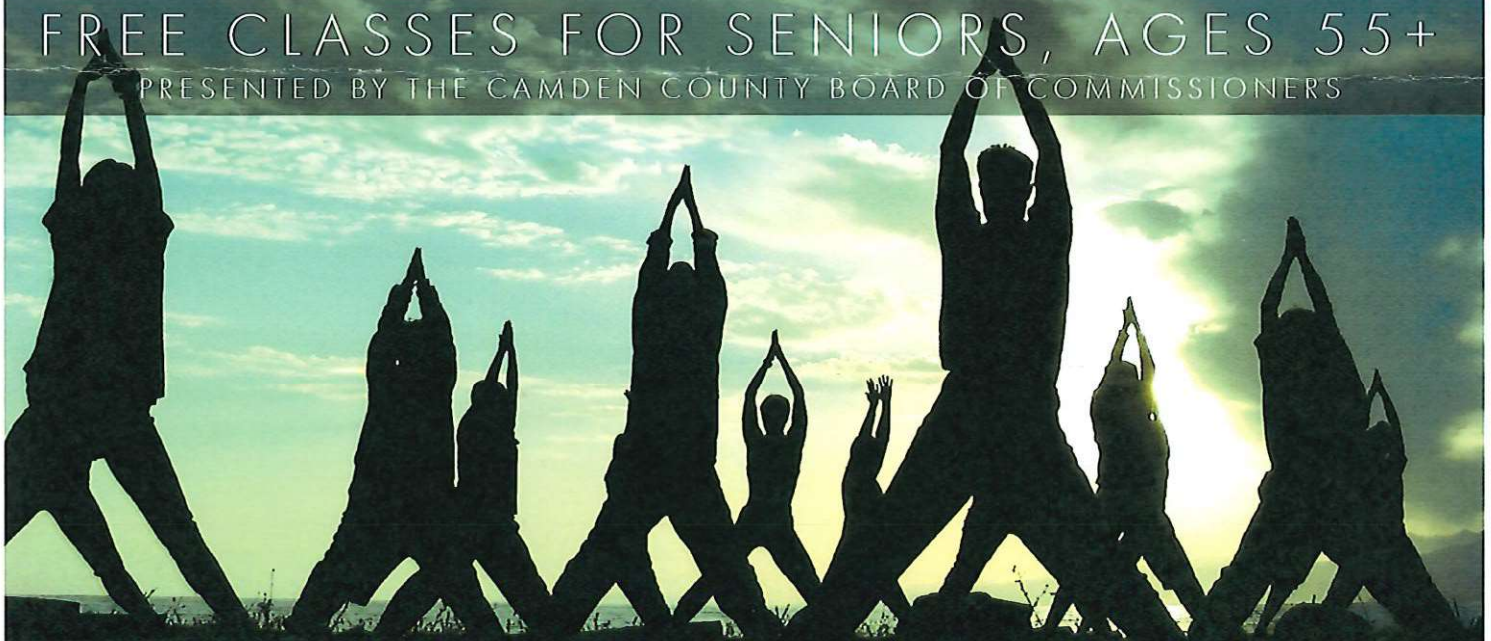


TAI CHI

FREE CLASSES FOR SENIORS, AGES 55+
PRESENTED BY THE CAMDEN COUNTY BOARD OF COMMISSIONERS



- 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

APRIL
Tuesdays @ 1:00pm
4, 11, 18

MAY
Tuesdays @ 1:00pm
2, 9

JUNE
Tuesdays @ 1:00pm
13, 20

Class Sizes Are Limited to 25 Per Event. Registration is on a first come, first served, basis.

To register, go to: <https://camdencounty.info/TaiChi>

You MUST be a Camden county resident to participate.

Due to Covid 19, proper mask wearing (when required), cleaning, disinfecting, & social distancing MAY be followed.

Should you have any questions, or require additional information, please contact Leslie Ramos:
Leslie.Ramos@camdencounty.com, or call (856) 858-3251.

FOR YOUR NEWS & EVENTS
THE BOARD OF COMMISSIONERS

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Making It Better, Together.