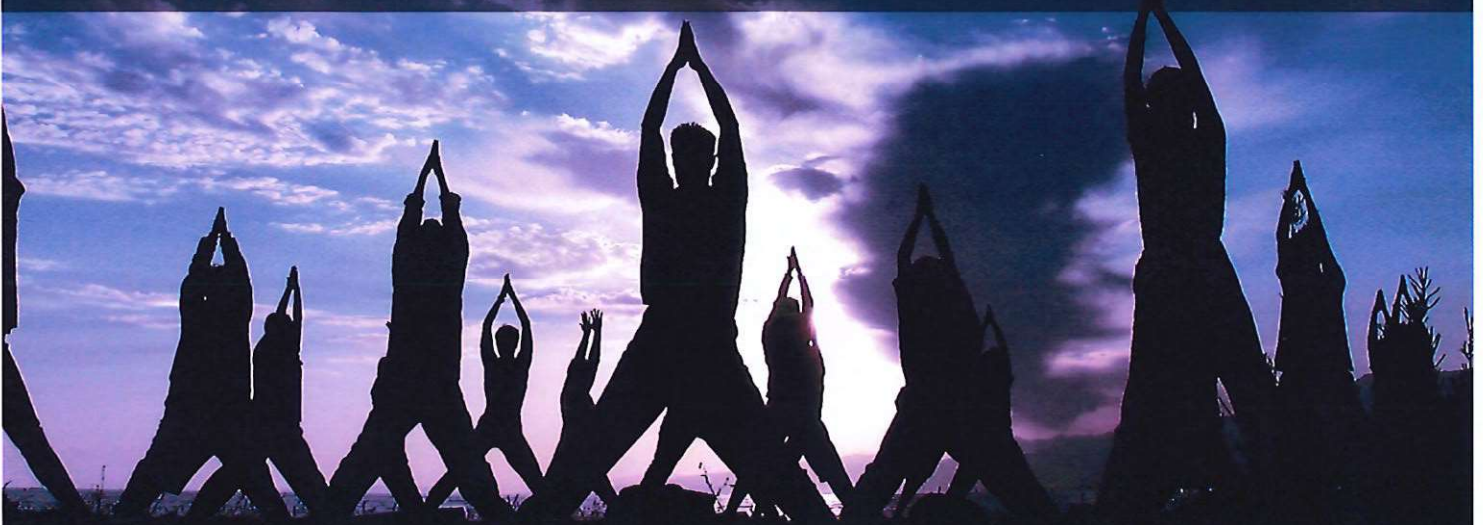


TAI CHI

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

SEPTEMBER - 1 PM
17th, 24th

OCTOBER - 1 PM
8th, 15th, 29th

NOVEMBER - 1 PM
12th, 19th

Class Sizes Are Limited to 25 Per Event. Registration is on a first come, first served, basis. To register, go to: camdencounty.info/TaiChiFall24

You MUST be a Camden county resident to participate.

Should you have any questions, or require additional information, please contact Danielle Bracco Saul at **856-374-6012**.

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Making It Better, Together.

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