

TAI CHI & QIGONG CLASS



Thursdays from 11:30 am to 12:30 pm

**FIRST CLASS STARTS JANUARY
16, 2025**

BEGINNERS WELCOME

**CLASSES ARE ON DONATION BASIS
WITH PROCEEDS BENEFITTING
CSLGH**

**FACILITATED BY NANCY
SHRIVER-DYER**

BENEFITS

Enhance Balance

Improve Illness Recovery

Improve Mood & Quality of Life