



Tai Chi

WINTER 2020

Classes are at 1pm

Thursday, January 16 (Registration begins January 2)

Thursday, February 20 (Registration begins February 6)

Thursday, March 19 (Registration begins March 5)

Thursday, April 16 (Registration begins April 2)

LIMITED CLASS SIZE

REGISTRATION BEGINS TWO WEEKS BEFORE EACH CLASS.

**PLEASE BE TO KIND OTHERS AND ONLY REGISTER
FOR THE CLASSES THAT YOU WILL DEFINITELY ATTEND.**

PLEASE CALL TO CANCEL IF YOU CANNOT ATTEND.

REGISTRATIONS CAN BE MADE IN-PERSON, ON-LINE OR OVER THE PHONE.

The Elmont Memorial Library presents a class in Tai Chi, a system of movements and positions believed to have developed in 12th Century China. Tai chi techniques aim to address the body and mind as an interconnected system and are traditionally believed to have mental and physical health benefits to improve posture, balance, flexibility, and strength.

ELMONT MEMORIAL LIBRARY
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516.354.5280—WWW.ELMONTLIBRARY.ORG