



**BEGINNERS TAI CHI  
FOR HEALTH AND FITNESS**

MONDAYS 9:30AM  
AT THE MAIN LIBRARY  
WEDNESDAYS 9:30AM  
MEETS ON ZOOM



**FREE AND OPEN TO THE PUBLIC**

Beginners Tai Chi kicks off Monday, December 6! Mondays at 9:30am at the Main Library and Wednesdays at 9:30am on Zoom.

- Move to engage the body and the mind
- Acquire balance
- Indulge in the spirit of Tai Chi
- Enjoy the ancient gift that is Tai Chi

For adults of all ages. Starts at 9:30 am and lasts about one hour. Space is limited so registration is required. Wear loose fitting comfortable clothing and sneakers. Contact Jennifer at [jenniferl@eastonpl.org](mailto:jenniferl@eastonpl.org) to register.