



DATE: Wednesday, January 27th
TIME: 12:30—2:30 PM
WHERE: Our Lady Star of the Sea Parish Hall
PROGRAM: Tai Chi for Health
PRESENTER: Cheryl Crews, Tai Chi Instructor
BROWN BAG LUNCH

Join us for

Tai Chi

with Cheryl

Tai Chi is a fun and gentle exercise for body and mind.

It is an enjoyable way to improve mobility, balance and overall well being.

Wear flat, comfortable shoes or warm socks or slippers (WITH TREADS)--Tai Chi is best done when you can "feel your foot" on the floor.