

TAI CHI

FREE CLASSES FOR SENIORS

presented by the CAMDEN COUNTY BOARD OF FREEHOLDERS



- 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

SEPT.

Tuesdays @ 1:30pm
9/24

OCT.

Tuesdays @ 1:30pm
10/15 * 10/22 * 10/29

NOV.

Tuesdays @ 1:30pm
11/12 * 11/26

DEC.

Tuesdays @ 1:30pm
12/3

CLASS SIZES ARE LIMITED AND REGISTRATIONS WILL BE TAKEN ON A 1ST COME, 1ST SERVED BASIS

TO REGISTER OR FOR MORE INFORMATION, PLEASE CONTACT TOM CASTELLANO BY CALLING
(856) 858-2986 OR BY E-MAIL, TOM.CASTELLANO@CAMDENCOUNTY.COM

FOR YOUR NEWS & EVENTS
THE BOARD OF FREEHOLDERS

camdencountynj



CamdenCounty.com

camden county

Making It Better. Together.