



Beginners Tai Chi For Balance & Strength

with Tom Tague of Skylands Qigong-Tai Chi & Reiki

You always wanted to try Tai Chi. Here's your chance. Tai Chi is a gentle exercise suitable to all ages and all body types.

Working together you will lower your stress, anxiety and pain, as you increase your circulation and mobility. You will cultivate the chi and circulate the blood, stretch your ligaments and conserve your energy.

Bring your friends and let's have some Tai Chi fun. All are invited. Everyone is welcome. Beginners are encouraged. Please wear loose comfortable clothes and a smile on your face.

Saturday, September 30
Two Sessions at 1:00pm and 2:30pm
at the North County Branch Library
65 Halstead Street, Clinton, NJ

This program is free and open to the public.

Due to the popularity of our programs, we recommend reserving a seat. Please call (908) 730-6135, or click on the Calendar of Events at www.hclibrary.us

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (908) 788-1434. Without advance reservations, it may not be possible to provide accommodations. 8/17