



# Beginners EZ Tai Chi for Balance & Strength

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. The experts agree that regular practice of Tai Chi & Qigong has positive impact on many conditions, ranging from cancer recovery, arthritis, diabetes, depression, fibromyalgia, and Parkinson's.

Tom Tague of Skylands Energy Arts is a long time "Yang" style Tai Chi instructor. His programs cover different needs and areas, including beginners, seniors, diabetes, arthritis and fall prevention. Each week he can be found at EmpowerFitness in Clinton and the Califon Karate Academy. 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, June 16**  
**Two Sessions: 9:30 and 11:00 am**  
**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](http://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. 5/18