



# TAI CHI

with Nancy Gardner

## Dates & Time:

Mondays, February 4, 11, 18, 25

12:30-1:15 pm

## Location:

First Floor- Science &  
Technology in front of the  
Athena Sculpture



Stay active during the cold season. Relax and re-energize with Tai Chi... the slow movements and mindful breathing make Tai Chi the perfect exercise for people of all ages and physical abilities, from the exercise novice to the professional athlete. Wear exercise shoes and comfortable clothes, and bring a water bottle.

Please register by calling  
Science and Technology at  
330-643-9075 or by emailing  
[stdiv@akronlibrary.org](mailto:stdiv@akronlibrary.org)



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