



# TAI CHI

with Nancy Gardner

**Wednesdays, June 12, 19, 26, July 3, 10,  
12:15-1 pm**

**Location: Science & Technology**

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.



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