



# TAI CHI

with Nancy Gardner

**Wednesdays, June 14, 21, 28, July 5, 12, 12:15-1 pm**

**Library Park at the Corner of Main and Mill Streets**  
(alternate location, Meeting Room 2AB).

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.



# MEDITATION

with Simone

**Wednesday, July 19, 12:15-1 pm**

**Meeting Room 2AB**

Stimulate your parasympathetic nervous system through sitting meditation (zazen), walking meditation (kinhin), and stress reduction meditation (visualization).



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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**Akron-Summit County  
Public Library**

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