



TAI CHI

with Nancy Gardner

Wednesdays, May 30, June 6, 13, 20
12:15 – 1 pm

Library Park at the Corner of Main and Mill Streets
(rain 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.



Please register by calling Science and Technology at 330-643-9075 or by emailing stdiv@akronlibrary.org



**Akron-Summit County
Public Library**

330-643-9075

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