

tai chi  
FOR BALANCE



Tai Chi



**LEARN AND TRY TAI CHI - COST \$5/CLASS**  
**STARTING MONDAY OCT 22<sup>ND</sup> @ 6:30PM**

**▶ MONDAYS & THURSDAYS FROM**  
**6:30PM - 7:30PM / COST: \$5/CLASS**

**▶ ALL CLASSES IN THE SMALL CAFETERIA**  
**AT KINGSTON ELEMENTARY SCHOOL - USE SERVICE**  
**ENTRANCE.**

### What is Tai Chi ?

Tai Chi is a Martial Art, an Art of Movement but also a very healthy exercise. It offers improved balance, better concentration and over all personal well being.

**PRE-REGISTER AT THE VILLAGE OFFICE IN KINGSTON.** 902-765-2800

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