

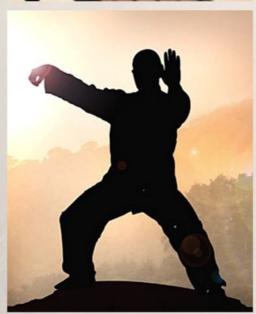
Joy thru Movement:

T'AI CHI CHIH®

Wednesdays @ 1pm Starts Sept. 18th

At the Township Bldg.

1401 Marne Hwy, Hainesport, NJ



T'ai Chi Chih is a gentle, moving, meditation that is taught standing or seated.

For Beginners and Seniors.

Benefits:

- -Helps increase Immunity
- -Aids improving Sleep Quality
- -Improvement in Balance
- -Helps lower High Blood Pressure
- -May decrease symptoms of Depression



Register NOW:

609-267-7114

8 week class for \$64 (drop-ins \$12) www.NextStepStrategiesLLC.com