



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