

Tai Chi

Thursdays, 4:30 - 5:30PM

Originally a form of self-defense, Tai Chi is a 3000 year old graceful exercise that offers a variety of health benefits. It is proven to help balance , arthritis and relaxation.

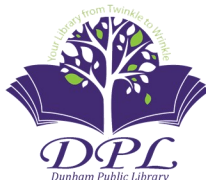
A type of “meditation in motion,” Tai Chi promotes serenity through gentle, flowing movements. Individual instruction for beginners will be provided.

Please join us for this free, all ages class.



76 Main Street

Whitesboro, NY 13492



315-736-9734, ext. 207

dkininger@midyork.org