

Thai Chi Classes

Beginning in July, the center will be holding **Thai Chi classes** the **2nd and 4th Tuesday** every month at **9:30a.m.** The first class will be on July 9th. The instructor is Linda Fairchild. Thai Chi is meditation in motion and helps reduce stress and anxiety. It helps improve balance and stability through gentle flowing movements.

There is a \$1 suggested donation for each class. Please join us and check it out!



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