



PRESENTS

TAI CHI

THURSDAYS IN SEPTEMBER & OCTOBER

1:00-1:45 PM

**DATES: SEPT- 11TH, 18TH, 25TH, OCT - 2ND,
9TH**

EDGEWOOD LIBERTY HALL

550 FREEDOM PARK DR, EDGEWOOD

JOIN OUR BEGINNER-FRIENDLY TAI CHI CLASS AND EXPERIENCE THE ANCIENT ART OF GENTLE MOVEMENT. TAI CHI COMBINES SLOW, FLOWING MOTIONS WITH DEEP BREATHING TO IMPROVE BALANCE, FLEXIBILITY, AND INNER CALM. PERFECT FOR ALL AGES AND FITNESS LEVELS—NO EXPERIENCE NEEDED!

FREE - OPEN TO ALL AGES & NON-RESIDENTS

NAME(S): _____

ADDRESS: _____

PHONE NUMBER: _____

E-MAIL: _____

NUMBER OF GUESTS: _____

**PLEASE RETURN REGISTRATION FORM TO
CITY OF EDGEWOOD, 385 DUDLEY ROAD, EDGEWOOD, KY 41017
CALL 859-331-5910 FOR FURTHER INFORMATION.**

