

T'ai Chi Chih with Denise Miller

Wednesdays
April 10 & 17
1:00 – 2:00 p.m.



T'ai Chi Chih movements are practiced softly with no impact. No particular level of physical fitness, coordination, special clothing or equipment required. Denise Miller, accredited teacher, has been sharing this wonderful practice with students for many years.

Register: bit.ly/lancasterlibrary or call 716-683-1120.

Registration begins March 20 and is for both sessions.