

# T'ai Chi Chih with Denise Miller

Wednesdays  
January 11 – February 15  
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 is an accredited teacher who has been sharing this wonderful practice with students for many years.

*Registration required: Register online at  
<https://bit.ly/lancasterlibrary> or call 716-683-1120.*

*Registration begins December 7 and is for all 6 sessions.*