



Lancaster Public Library

5466 Broadway

716-683-1120

[www.BuffaloLib.org](http://www.BuffaloLib.org)



# T'ai Chi Chih

Wednesdays

June 3, 10, 17 & 24

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. Classes taught by Denise Miller, accredited teacher.

*Register: [bit.ly/lancasterlibrary](http://bit.ly/lancasterlibrary) or call 716-683-1120.*

*Registration begins Wednesday, May 20 & is for all 4 sessions.*

Individuals in need of an accommodation for this program may contact the ADA Coordinator at [access@buffalolib.org](mailto:access@buffalolib.org) within 7 days of the program.