



Lancaster Public Library  
5466 Broadway  
716-683-1120  
[www.BuffaloLib.org](http://www.BuffaloLib.org)



# T'ai Chi Chih

Wednesdays  
May 6, 13, 20 & 27  
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, April 15 & 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.