



**T'AI CHI CHIH
WITH DENISE MILLER
AT THE NEWSTEAD PUBLIC
LIBRARY**

TUESDAY'S AT 10:30 – 11:30 AM

**6 WEEK SESSION
ENDS APRIL 30TH**

**T'ai Chi Chih movements are practiced softly with no impact.
No particular level of physical fitness, coordination or special
clothing or equipment required.
Denise Miller is an accredited T'ai Chi Chih teacher who has
been sharing this wonderful practice with students for 6 years.**

Call the library at 542-2327 to attend