

MARCH 5TH - APRIL 2ND

TAI CHI FOUNDATIONS

***Meditative Movement
Focused Flow***

- Thursday's
- 7:00 AM – 7:45 AM
- Founders Memorial Park
- \$60 Fee



***Train with discipline.
Improve with every move.***

For more information or to register,
visit www.oldsaybrookrec.com

