

# *Intro to Tai Chi*

**Thursday, July 6, 2017**

**6:30 p.m.**



Tai chi, created in China as a martial art, is primarily used in our country as a means of promoting health and wellness. Composed of slow, graceful postures done mindfully, tai chi – also known as “moving meditation” – is said to develop balance, relieve stress and anxiety, and improve mood and quality of life.

**Whitehall Township Public Library**

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