

# January Tai Chi !

Lebanon Recreation Dept.



**Tuesday afternoons 4:00-5:00pm**

**Thursday evenings 6:30-7:30pm**

***Come join us in Lebanon for Tai Chi!***

Enjoy the graceful movements of traditional Yang style Tai Chi. We'll learn forms together, which you can practice at home for balance, health and rejuvenation!

***Join us in-person at Lebanon Senior Center, or on Zoom***

Classes held at Lebanon Senior Center (near the Green), 37R West Town St, 06249  
or join us livestream on Zoom, with weekly sign-in invitations

\$8 drop-in / \$32 for Tues or Thurs only / \$58 for the whole month

Sponsored the Lebanon Recreation Dept (860-642-4085).

Contact instructor Joe Pandolfo for questions and registration:

[joeptaichi@gmail.com](mailto:joeptaichi@gmail.com), or (860) 420-5012. Instructor Joe Pandolfo is a certified Tai Chi instructor, who's been leading area community classes for over a decade. Joe is also a certified Acupuncture Detoxification Specialist and Reiki Master.