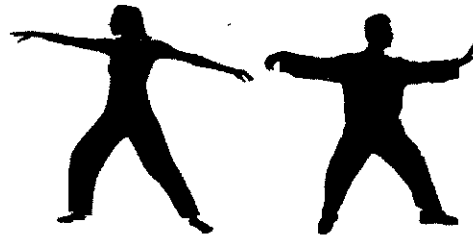
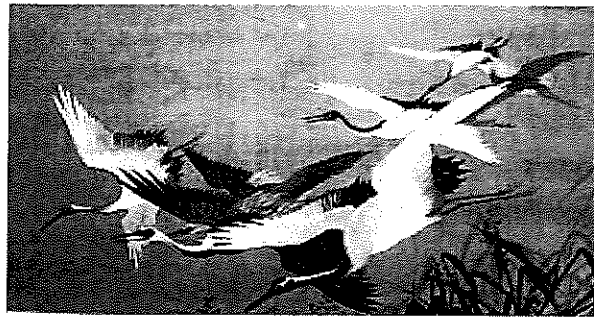


TAI CHI

AUTUMN CLASSES

All Ages and Beginners Welcome!



LEBANON RECREATION: TUES EVE 6:30-7:30pm

SEPT 3RD - OCT 24TH \$90 for all sixteen sessions/\$50 or Tues or Thurs only

Location: Lebanon Senior Center

Instructor: Call: 860-420-5012

Lebanon Recreation: Call: 860-642-4085

Email: stremblay@lebanonct.gov

Taught by Ashford resident Joe Pandolfo (c/o Starfarm Tai & Qigong, Chaplin CT) A certified Instructor with the American Tai Chi and Qigong Association and the CDC's 'Moving for Better Balance' program, Joe has studied Yang style Tai Chi for over a decade, as well as Qigong and other traditional Chinese health practices with local, regional and international masters. This Fall marks his eight years teaching classes and workshops around the region.