

August Tai Chi !

Lebanon Recreation Dept.



Tuesday evenings 6:30-7:30pm

Aug 3rd, 10th, 17th & 31st (no class Aug 24th)

Thursday evenings 6:30-7:30pm

Aug 5th & 12th (no class Aug 19th & 26th)

Come join us in Lebanon, for in-person 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!

Sessions held at the Lebanon Senior Center, near the Green

Classes held at Lebanon Senior Center (near the Green), 37R West Town St, 06249.

\$8 drop-in / \$28 for Tues only / \$38 for the whole month

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

Contact instructor Joe Pandolfo for questions and registration:

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 Practitioner.