



STRETCH INTO SPRING

with

THE ART OF TAI CHI

Cosponsored by Jefferson Hills Library & TJ  ARTS

\$40 for 8 weeks - Wednesdays, April 10-May 29, 2019
Intermediates at 10am - No new students at this time
Beginners at 11am - Register ASAP!

To Register: [412-655-7741](tel:412-655-7741) or jeffersonhillslibrary.org

Certified TaijiFit™ Instructor

All ages & abilities

A "moving meditation"
for the mind, body,
& spirit

