



STRETCH INTO FALL

with

THE ART OF TAI CHI

Cosponsored by Jefferson Hills Library & TJ  ARTS

\$40 for 8 weeks - begins Wednesday, September 4
Level 2 at 10am | Level 1 at 11am
Beginners should start with Level 1!

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

Questions?
Call Chris at
412-302-1136

