

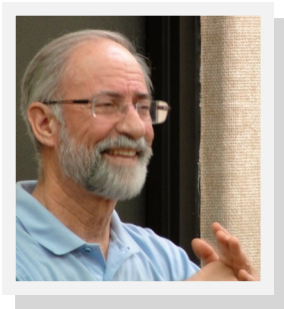
TAI CHI WITH RALPH QUINN



Free virtually via Zoom



Ralph Quinn instructs Dr. Paul Lam's "Tai Chi for Arthritis and Fall Prevention, Part I" along with "Tai Chi for Life." Ralph welcomes all to join virtually for a twelve week series of classes.



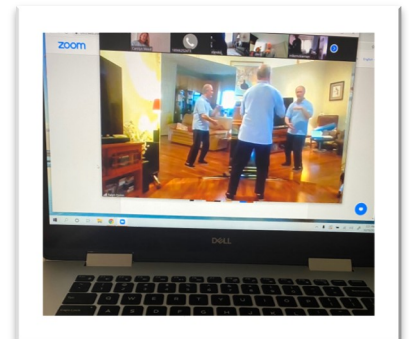
This course introduces tai chi movements and qigong exercises that can build one's internal energy, improve balance, and heal/mitigate health problems. These gentle exercises are easy to learn for all ages and the principals can be integrated into one's daily activities.

Mondays 1:30 to 2:30 PM
Sept 13 through Nov 29

Join the Free Zoom Meeting
<https://tinyurl.com/y5jfqbw0>

Meeting ID: 862 2714 5164
Passcode: 459738

To learn more, call the Library at
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