

T'ai Chi Chih

with Denise Miller

Wednesdays
October 2, 9, 16, 23 & 30
1:00 – 2:00 p.m.



T'ai Chi Chih movements are practiced softly with no impact. No particular level of physical fitness, coordination, special clothing or equipment required. Classes taught by Denise Miller, accredited teacher.

Register: bit.ly/lancasterlibrary or call 716-683-1120.

Registration begins Wednesday, September 18 & is for all 5 sessions.

Individuals in need of an accommodation for this program may contact the ADA Coordinator at access@buffalolib.org within 7 days of the program.