



VILLAGE OF PORT JEFFERSON
RECREATION AND PARKS
AT THE VILLAGE CENTER

101-A EAST BROADWAY
PORT JEFFERSON, NY 11777

(631) 802-2160



Program: Tai Chi/Qigong for Healthy Living - 2010

Dates: Mondays
January 25, February 1, 8, 15, 22, March 1
(6 sessions)

Time: 6:30 - 7:30pm

Location: Port Jefferson Village Center

Instructor: Judith Walsh

Fee: \$60/PJ Residents \$70/Non-residents

Notes: All levels welcome. Soft and flowing movements are designed for all ages and abilities.



Tai Chi

1/25 to 3/1/2010

Name: _____

Address: _____

Phone: _____

Email: _____

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