



Come try T'ai Chi Chih!

This series will be taught by Kathleen McAllister, an accredited instructor dedicated to helping people reduce stress and regain balance through this "user friendly" moving meditation. Kathleen has taught in schools, YMCA's, yoga studios, Mainline Health Center as well as private classes. For more information go to www.taichichih.org

Please note that advanced registration is no longer necessary. You will be asked to sign in when you get to class so we can track attendance. These classes are for adults only.

Do not come to class if you are sick—we want to keep everyone as healthy as possible.

Classes will be held on the following Thursdays from 12:00—1:00

March 1, 8, 15 and 29 (No meeting on 3/22)

April 5, 19 and 26 (No meeting on 4/12)

May 3 and 10



2599 Sproul Rd, Broomall PA 19008
610-356-1510
www.marplelibrary.org