



FREE Tai Chi classes at MGH!

Every Thursday from
3:30P-4:30P
Starting June 8!

What? Tai Chi is an ancient martial art that uses slow movements to improve balance and strength

Where? North Garden Room
(across from the Eat Street Cafe,
take elevators to the Wang Lobby
and follow the red line on the map)

Questions? Please contact Remy Johnson at 617-726-4923.

