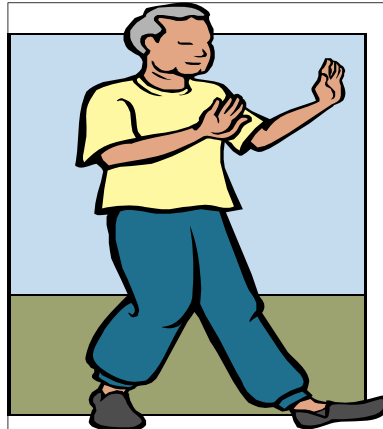


## Introduction to Tai Chi for Women



The aim of Tai Chi is to foster a calm and tranquil mind, focused on the precise execution of various exercises.

This group is free, but pre-registration is required. Call Jill @ (416) 231-7070, ext. 282 for more information and to register.

Classes will run on Wednesdays beginning Jan. 27, 2010 for 10 weeks starting from 6:30pm-7:30pm.