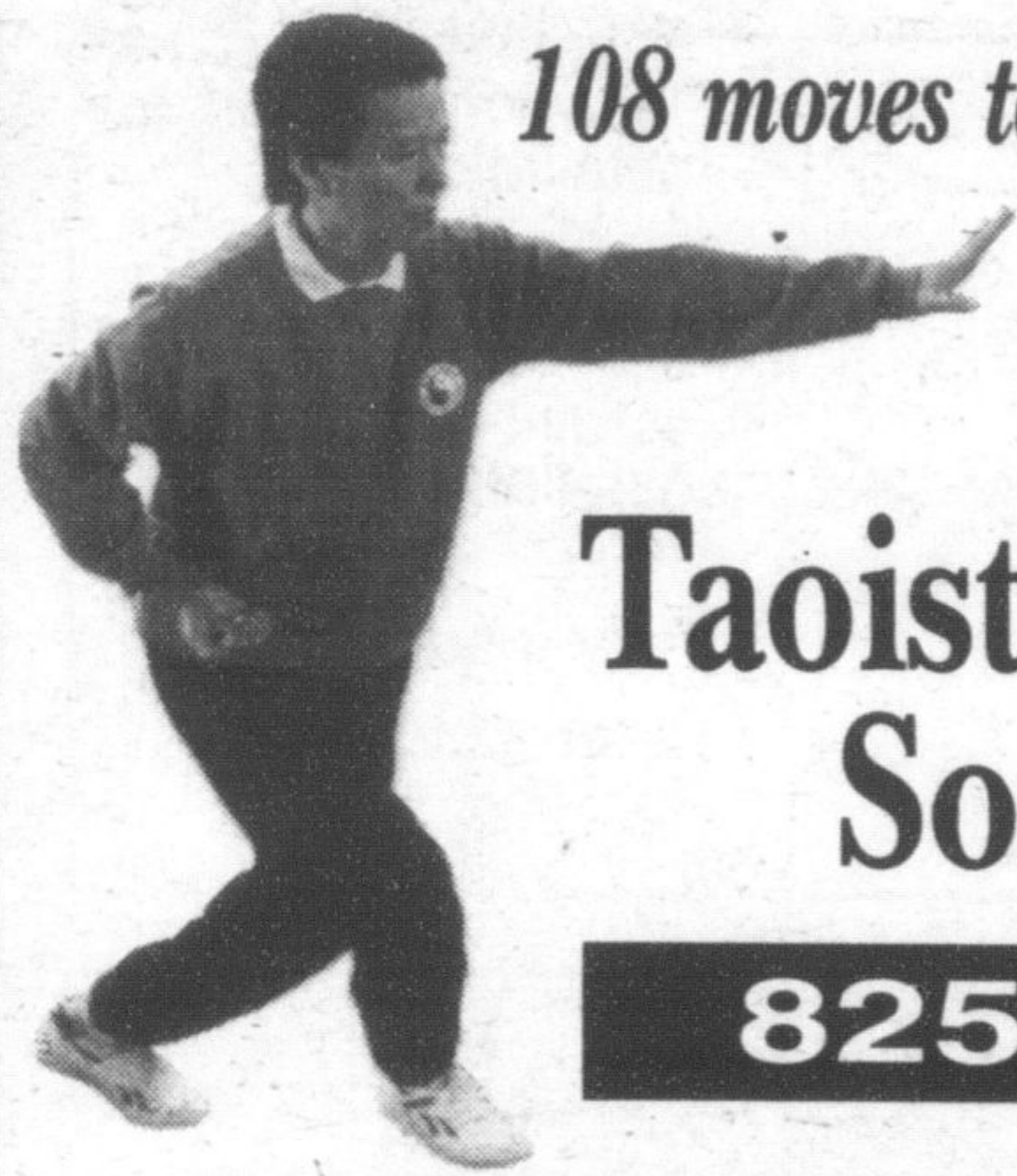


Taoist Tai Chi is a sequence of 108 graceful movements which relax and strengthen both body & mind. Its gentle nature makes it an ideal exercise for seniors and those with special health needs.



108 moves to better health

Taoist Tai Chi Society

825-0514

New Beginner Class

Thurs. Jan. 23 7:00-9:00pm

The Seniors Activity Centre

500 Childs Drive

(Behind the Halton police station)



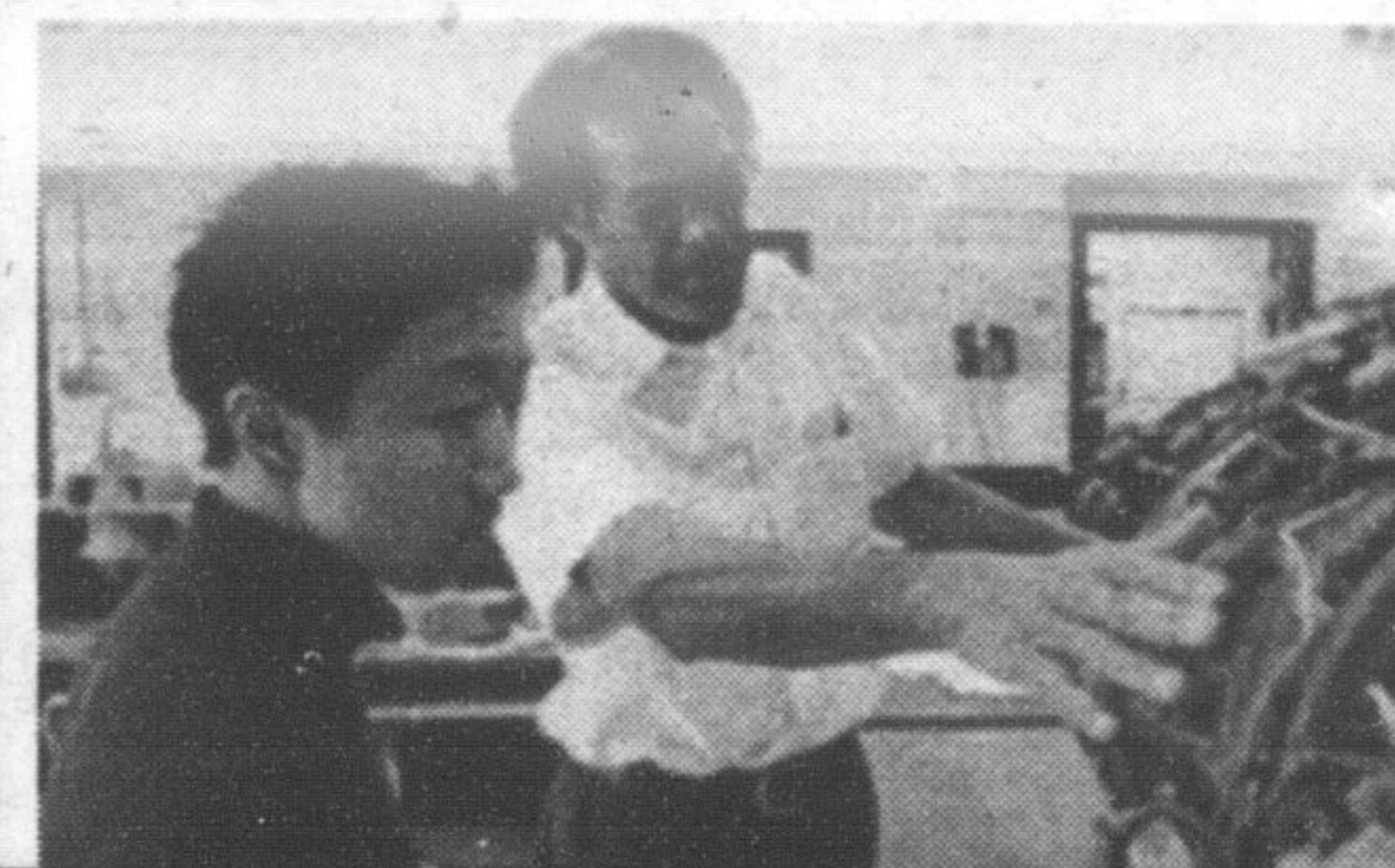
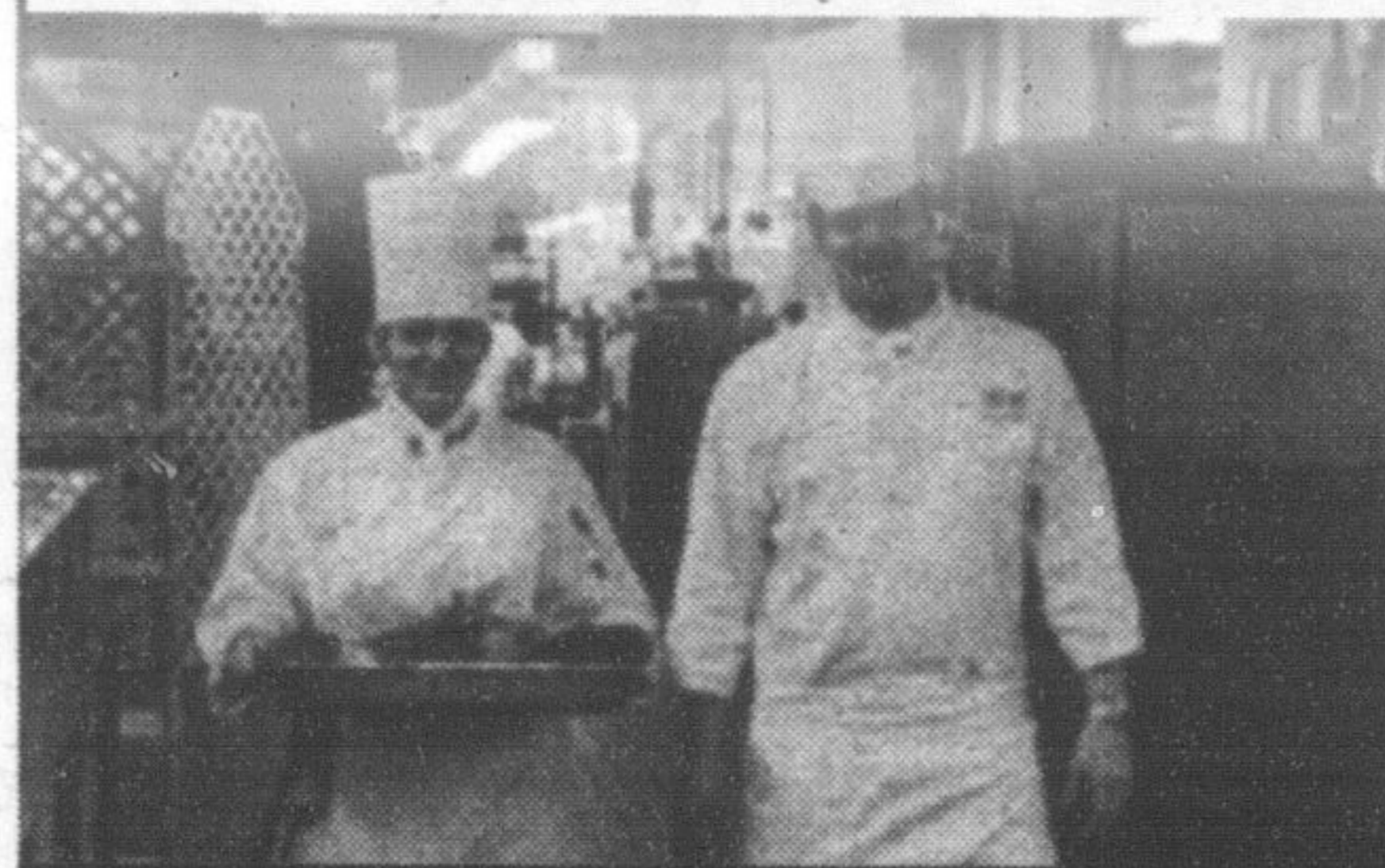
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The Taoist Tai Chi Society is a registered charitable organization with locations in over 400 cities across Canada and around the world.

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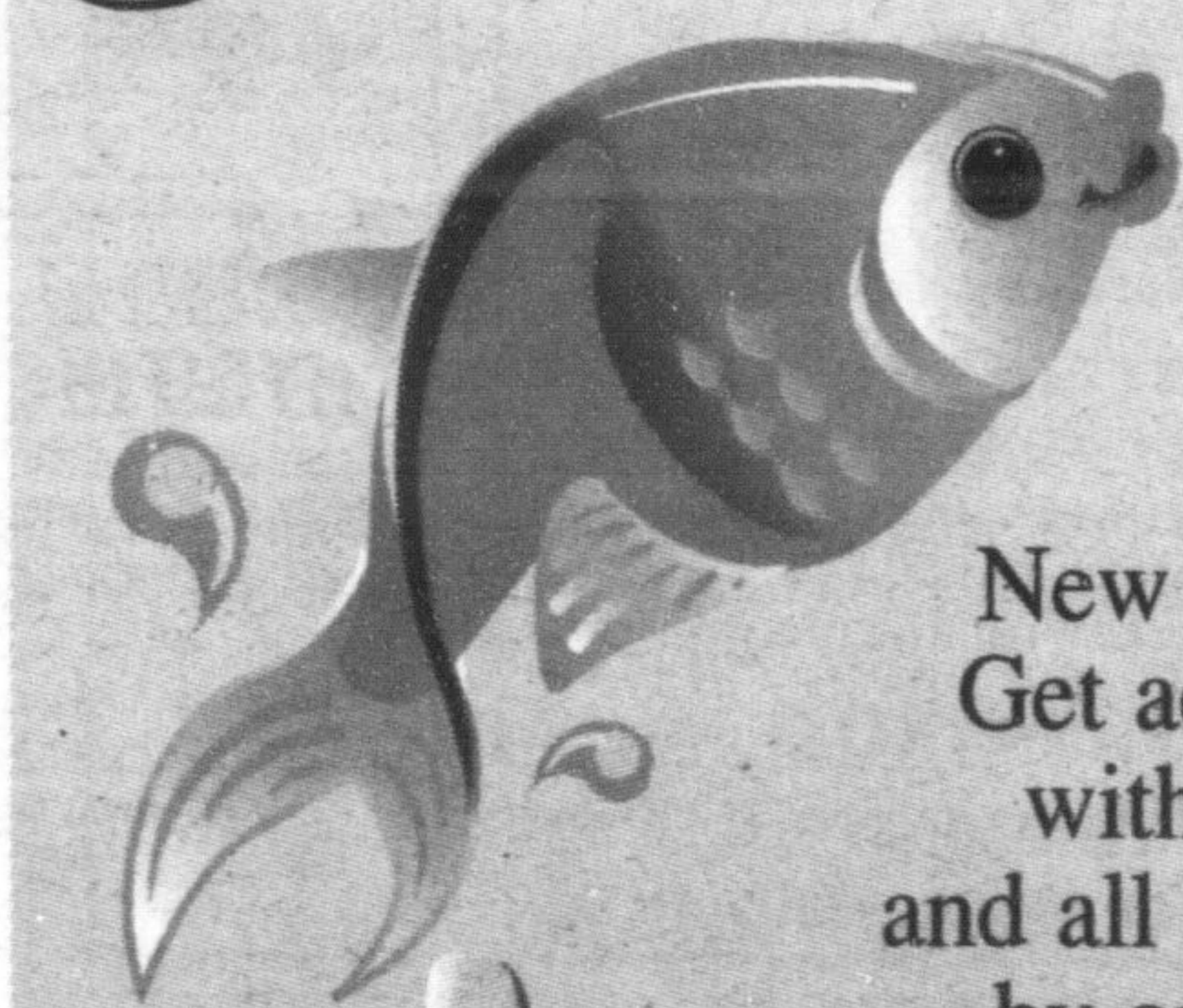
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See Page 16
for more
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