

TAI CHI FOR SENIORS

**FOR A FUN AND RELAXING WORKOUT COME JOIN
THIS FREE 12 WEEK CLASS**



**CLASSES WILL BE HELD ON FRIDAYS
STARTING JANUARY 9, 2015
FROM 10:30AM-12:00PM AT THE
GLORIA J. PARKS COMMUNITY CENTER 3242 MAIN ST.
BUFFALO N.Y. 14214. INSTRUCTION PROVIDED BY
TAOIST TAI CHI SOCIETY OF THE USA BUFFALO BRANCH**

**FOR MORE INFORMATION OR
TO ENROLL
CONTACT PETER @ 832-1010X206**

gloria j. parks
community
center