

Tai Chi

Tai Chi is a slow moving, gentle exercise perfect for all ages and levels of fitness. Modern studies have shown that Tai Chi can have therapeutic value for people with high blood pressure, asthma, various forms of arthritis, back problems, and of course, stress. Discover for yourself why Tai Chi is considered to be a “national treasure” of China.

Tuesdays

09:00AM to 10:00am at Fraser Park in Trenton
Starting 2 July 2013 until 27 August 2013
(Weather permitting)

Cost

A donation for
HPEC CHILDREN'S MENTAL HEALTH FOUNDATION



Information: Please call 613-827-7022