



KATJANA BALLANTYNE
MAYOR



Tai Chi



Tai chi is a practice that uses slow, gentle movements and postures to help improve mindfulness, balance, and ease of motion. It originated as an ancient martial art from China and promotes wellness and rehabilitation. This mind-body exercise incorporates breathing techniques with fluid motion and a meditative state to boost positive energy overall.

**Friday, February 2nd, 9th & 16th at
9am at the Holland Street Center**

**For more information and to register
contact Michelle at 617-625-6600 x2315**