



ROBERT WOOD JOHNSON
FITNESS & WELLNESS CENTER

World Tai Chi & Qigong Day

Celebration of personal and global healing



Saturday, April 29 | 12:00pm - 1:00pm | Studio 3

Come join the fun! Learn a simple Tai Chi form, watch demonstrations, and talk to current members, students, and teachers about their personal Tai Chi experiences. Harvard Health Publication has called Tai Chi “moving medication” for all the myriad health issues. There are many advantages from practicing Tai Chi and Qigong. Feel free to bring a friend!

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