

Tai Chi Class



When:

**7:00 p.m.—8:00 p.m.
Tuesday, March 29**

Have you ever wanted to experience **Tai Chi** (taijiquan)?

Bring your comfortable shoes & join us for a free introductory class to learn more about this whole body movement.

**By: Lucy DeGerolamo,
Instructor
Magic Tortoise Taijiquan School**
www.magictortoise.com

Wellness at Raleigh Neurology Center
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