

**The Netcong Recreation Commission
Invites You To Attend**

**Tai Chi/Qi Gong Exercise
Program - 18 & over**

**You do not need any prior experience - learn as you go.
(No Charge)**

Originally developed for self-defense, tai chi has evolved into a graceful form of exercise. Tai chi helps reduce stress and anxiety as well as helps increase flexibility and balance. Qi Gong improves heart health and stimulates natural energy.

When: Saturday May 4th - Saturday Sept. 14th

Where: DiRenzo Park at the Gazebo

Questions - call/text (201)874-9634 not Boro Hall.

Instructor - Steve Guttman of Mind Body Dynamics, Denville, NJ

