

BOOT CAMP FOR BOOMERS



“TAI CHI – CONNECTING MIND AND BODY”

Guest speaker: Gary Donovan

Learn the basics of Tai Chi for good health and peace of mind
AND the benefits of attending TAI CHI classes.

Tuesday, March 11, 2014

5:30pm to 7pm

Supper at 5:30pm for only \$6

Presentation from 6pm to 7pm

Please register by March 7, 2014

(860)441-6785



Discover the Groton Senior Center

