

# Tai Chi

**Tai chi resumes on Tuesday, Sept. 11th**

*Tai chi is a graceful form of exercise. A series of movements are performed in a slow, focused manner, accompanied by deep breathing. Each posture flows into the next, ensuring that your body is in constant motion.*



There is no charge and no registration is required.

**Classes are informal and are held every Tuesday\* from 11:00 a.m. to 12 noon.  
(no classes in July/August)**

**Christmas Luncheon for regular participants  
is Tuesday, Dec. 11th**

*For information call 905-623-5121*



**UNIFOR**  
**Local 222 Canada**  
Retired Workers Chapter  
[www.local222retirees.ca](http://www.local222retirees.ca)

**\*Please note all dates are subject to availability of the Unifor Local 222 Union Hall. Participants will be notified of any cancellations to the best of the ability of the organizers.**