

# FREE Presentation

# T'ai Chi

**(an overview & demo)**

**Sunday, June 22, 2008  
Starting at 3 pm**

**Learn all about T'ai Chi,  
its incredible range of  
HEALTH BENEFITS,  
and what it can do for YOU!**

*Those who pre-register will have a chance  
to win FREE T'ai Chi & Qigong lessons.*

**herbal tea & light refreshments will be provided**  
*another topic each month*

Oriental Medicine and Health Services  
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Call or write for more information.

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