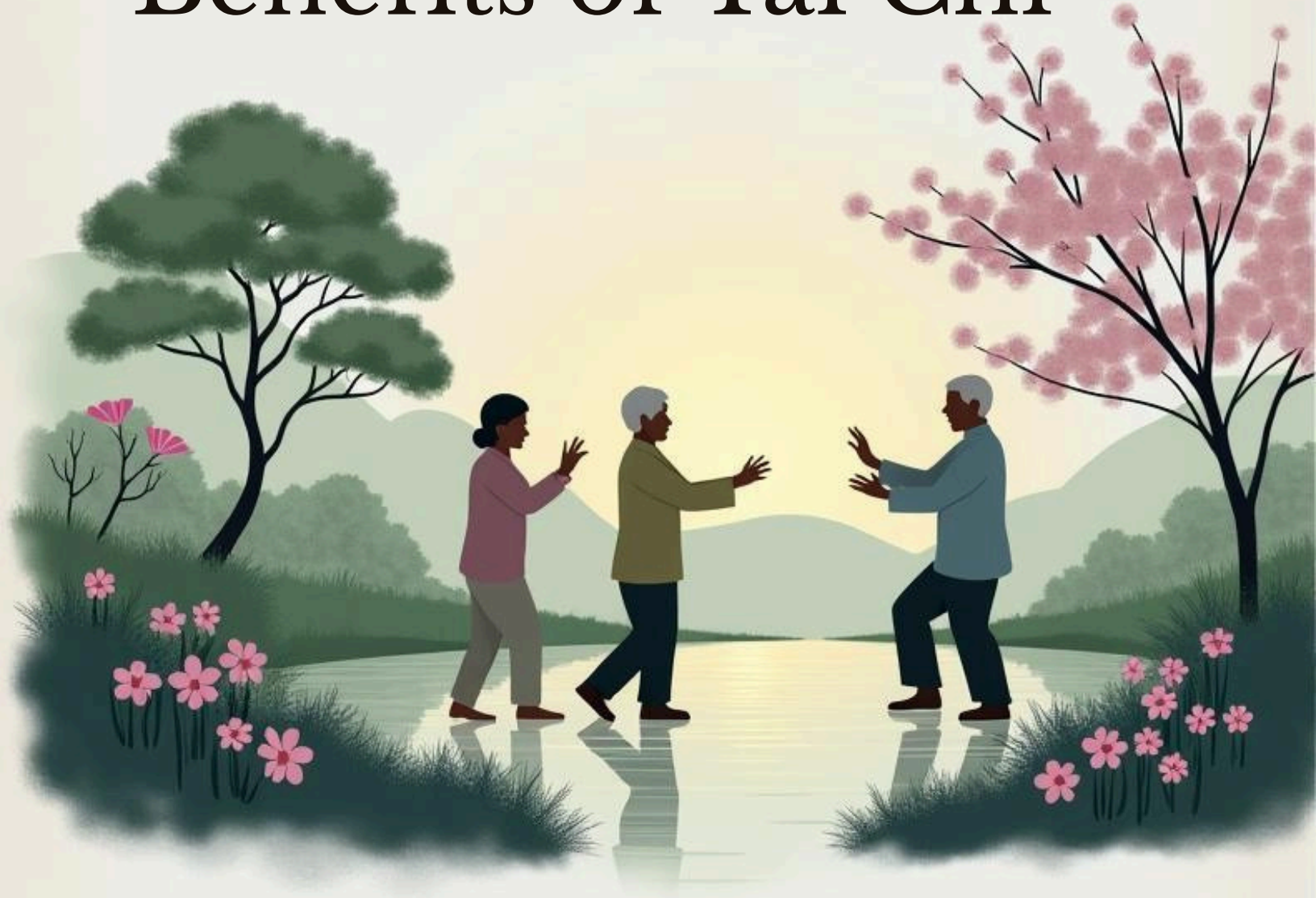


Discover the Benefits of Tai Chi



Experience meditation in motion; Improve overall health; Reduce stress; Increase energy; Improve concentration; Improve sleep quality; Strengthen bones, muscles, and joints; Increase flexibility; Improve heart & lung function.

**\$8 per class made payable to
Dennis Afeld,
Tai Chi Basic Certification**

**Friday's at 1:00 pm
701 West Mason, Springfield, IL
Register by calling (217) 503-4643**