

# NEW TO OUR LIBRARY!!!!

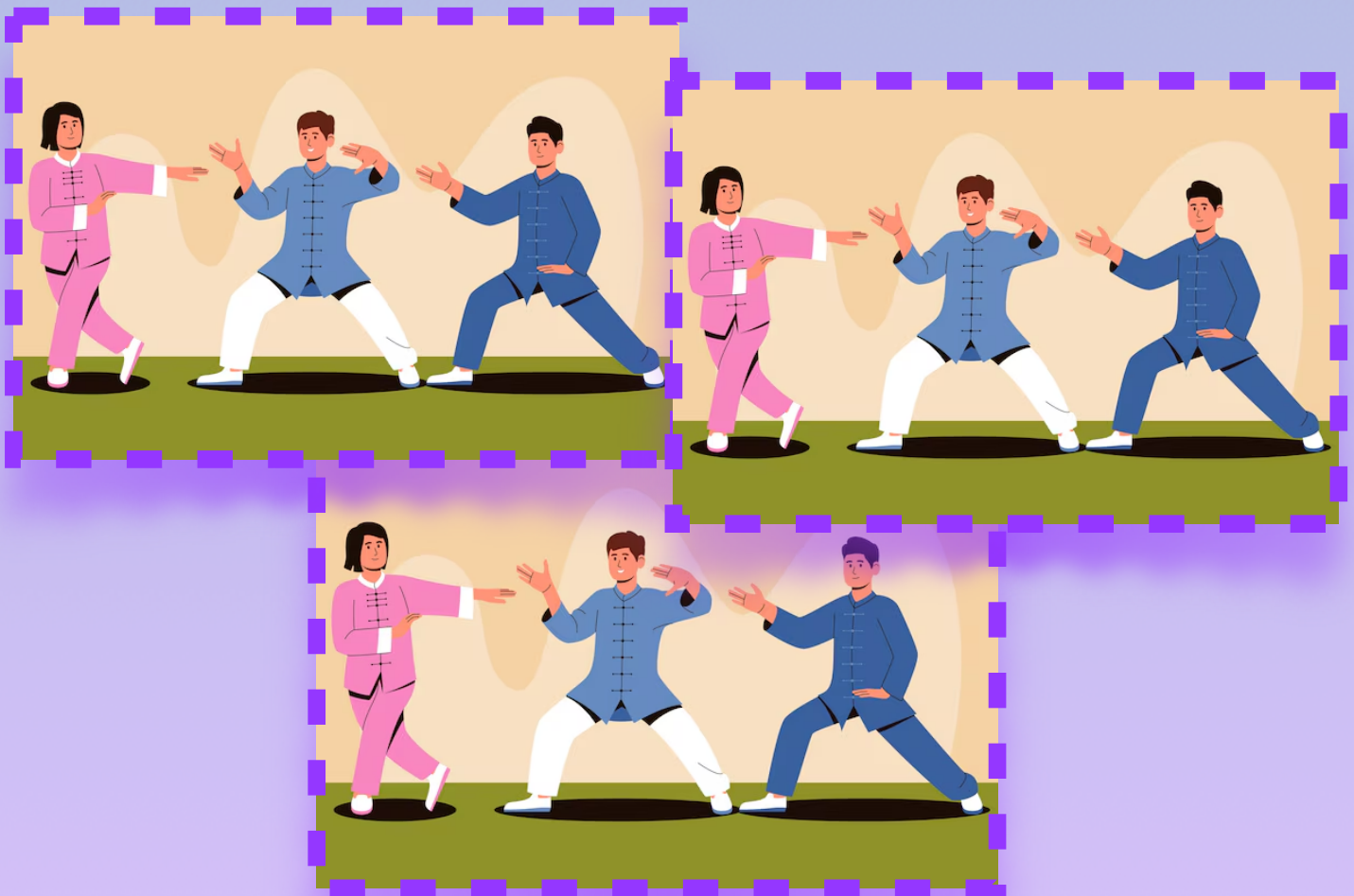
## ENER CHI IN PERSON

**Instructor: NOEMI RAIS**

**April 7 & 21, from 2 - 3 PM**

Tai chi is a Chinese practice that involves a series of slow, gentle movements and postures, along with controlled breathing and a meditative state of mind.

Please join us at the



***Marta-Beth Friedman Stirling Road Branch Library  
3151 Stirling Road, Hollywood, 33312***

**Classes are approximately one hour. If you have any questions [CLICK HERE](#) to email us.**

**Registration is available for you at our session.**