

**Introducing
“Sunrise Tai Chi”**

Mayor Gonnelli

**and the
Town of Secaucus in conjunction with April Daly bring to the
community**

“Sunrise Tai Chi”

***FREE OF COST**

LOCATION: Schmidts Woods Park (Mill Ridge Road. Secaucus)

DATES: 4 Saturdays Aug. 21st & 28th , Sept. 4th & 11th

TIME: 8:15 – 9 AM

**With Holistic Lifestyle Practitioner April Daly
This will be a fun and enjoyable way to begin bringing this
soft and healthful movement practice into your life.**

This “Sunrise Tai Chi” practice is for individuals of all ages and fitness levels. Tai Chi promotes relaxation, flexibility, and concentration. Tai chi practice is excellent for reducing tension and stress. Gain the health benefits of increased strength and energy, better balance and improved bodily awareness. This group will be excellent for beginners or nonbeginners and those who want an alternative to jogging or aerobics or those with limited time for exercise.

This “Sunrise Tai Chi” group will run for a series of 4 Saturdays beginning August 21st

Wear comfortable clothing and shoes with no heel and be ready to enjoy the outdoor fresh air with me at Shcmidts Woods Park!

See you all there!

8:15 AM

Best wishes,

April Daly LMT & Holistic Lifestyle Practitioner