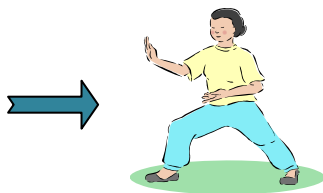


# You Are Invited Tai Chi / Chih

*Movement toward better health*

*Meditation*



→ *Relaxation*

→ *Breathing*

→ *Centering*

**MONDAY, APRIL 23, 2012**

*6:30 pm - 7:30 pm*

*Josephine's Place*

*A Space for Women*

*622 Elizabeth Avenue, Elizabeth, NJ*

*(908) 436-0099*

*www.JosephinesPlace.org*