

Free Tai Chi Classes for Deptford Seniors

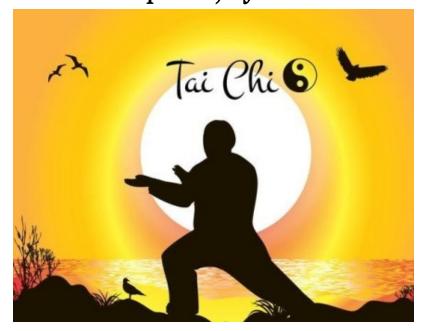
FREECLASSES for Deptford Seniors aged 55 and over. Classes are held every Thursday, 9:00AM, at the Deptford Community Center located at 1219 Delsea Drive. Wear comfortable clothing and join us on Thursday mornings. Tai Chi develops a union connecting the body, mind and soul ~ in essence, it's a whole body tune-up. For the body, it increases muscle strength, balance and flexibility. For the mind, it is a study in concentration and will power. For the soul, it is a system of spiritual meditation. This free class runs as part of our Mayor's Wellness Campaign and is sponsored by Deptford Township Mayor & Council

Date: ThursdayMornings

Time: 9:00AM ~ 10:00AM

Place: Deptford Community

1219 Delsea Drive Deptford, NJ 08096





Please contact the Recreation

Department for more

information at

856-845-0804 or email

deptfordparksandrec@

deptford-nj.org