

Taoist Tai Chi Classes Coming to Corunna

An open house and demonstration of the Taoist Tai Chi® arts will take place at the St Andrews Presbyterian Church hall on Wednesday, September 13th, 2017 from 6:30 to 7:30 pm. Come and learn how the practice of these arts can improve your health. The church is located at 437 Colborne Drive in Corunna. Weekly classes will begin following the open house for those interested in learning these arts, and will run from 6:30 to 8:30 each Wednesday evening. Our non-profit organization is dedicated to promoting the health benefits of the Taoist Tai Chi® arts, and making them available to all who want to learn. Our certified volunteer instructors are persons who have themselves benefited from the practice of these arts and who want to give back by sharing with others. Call 519-344-0346 for more information.