

TAI CHI with Special Guest Instructor! - RSVP



Sara Burke is the Director/Owner of The City Studio Dance Center in the Central West End, and a certified (by Grand Master William C. C. Chen) Tai Chi Chuan Instructor who has taught the gentle exercise for several years. Tai Chi is known for its flowing movements that improve health and help with stress management. Sara will be making a special guest appearance to teach Tai Chi to our participants!

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When: Wednesday, June 30th • 6:30-7:30 PM

**Where: The Wellness Community,
1058 Old Des Peres Road, St. Louis, MO 63131**

RSVP 314-238-2000 or www.wellnesscommunitystl.org