



24th **ANNUAL WORLD TAI CHI DAY**

Saturday, April 30, 2022, 10:00am to 3:00pm

Colchester Town Green 98 Hayward Ave, Colchester, CT 06415

Join us for Connecticut's largest and continuing celebration of this worldwide health event. **FREE CLASSES** offered by 12+ Connecticut Tai Chi teachers. Join the worldwide healing wave & opening ceremonies at 10:00am, then free classes & demonstrations throughout the day.

You've heard all about the health and healing benefits associated with these wonderful arts. Now's the perfect time to find out what it's all about. Bring your friends and family and enjoy the ancient arts of Tai Chi & Qigong (Chi Kung). **NO EXPERIENCE NECESSARY!**

For details, workshop & demonstration schedule and directions go to:
<http://www.connecticuttaichi.us/>.

Questions? feel free to contact Joe Pandolfo at joepaichi@gmail.com