



CHARLOTTESVILLE T'AI CHI CENTER

**FREE T'AI CHI
DEMONSTRATIONS!**



Respect the Elderly Week September 17 – 22

In the Japanese tradition of honoring senior citizens, Charlottesville T'ai Chi Center instructors will demonstrate T'ai Chi at assisted living centers and retirement communities in the greater Charlottesville area.

To book a 30 – 45 minute demo, contact Hiromi Johnson
hiromi@charlottesvilletaichi.org

Charlottesville T'ai Chi Center is a 501(c)(3) educational non-profit