

SPALDING COUNTY
Committed to Excellence

Post Office Box 1087
Griffin, Georgia 30224

March 4, 2019

PRESS RELEASE

FOR IMMEDIATE DISTRIBUTION

Spalding County Senior Center
770-467-4385

**THE SPALDING COUNTY SENIOR CENTER
INVITES YOU TO PARTICIPATE IN
WORLD TAI CHI DAY**

Spalding County Senior Center invites you to come and be a part of World
Tai Chi Day:

**Saturday, April 27, 2019
9:00 a.m. – 11:00 a.m.**

**Airport Road Park
199 Airport Road
Griffin, GA 54301**

Tai Chi is an ancient exercise that consists of slow, fluid movements.
It helps to reduce stress, increase balance and flexibility, and to promote
physical and mental wellbeing.

**NO EXPERIENCE NECESSARY
LEARN TAI CHI FOR FREE**

This exciting event is open to all ages and physical abilities.
Pre-registration is not required.

***For information, contact Spalding County Senior Center at 770-
467-4385 or Eva Schmidler at 949-246-0060.***

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