



This series offers five weeks of FREE Tai-Chi lessons, workshops and health screenings:

•Tai-Chi Lessons

•Physicians Seminars

Health & Wellness Education Series at Holy Name Medical Center

Written by Administrator

Monday, 21 November 2016 20:11

•Blood Pressure Check

•Body Composition Analysis

•Blood Screening

Tai Chi Instructor: □ Marina Khutoryansky New Jersey Tai Chi Association (5th level)

International Judge of Tai Chi 2016 Tai Chi World Championship Judge

Holy Name Medical Center-Marian Hall

718 Teaneck Road, Teaneck, NJ 07666

Five SATURDAYS | 8:30 a.m.-10 a.m.

November 12 & 19, December 3, 10, & 17 2016

For questions or to pre-register, please contact Asian Health Services:

201-833-3399 (Korean), 201-833-3388 (Chinese), 201-833-3355 (Filipino).

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