The Rosendale Recreation Commission presents

A silhouette of a person doing a tai chi

Description automatically generated

Classes in Qi Gong

The ancient Chinese movement practice

Taught by Jesse Towey

Thursdays 4:30 – 5:30

October 24, 31, November 7, 14, 21, December 5

Rosendale Community Center, 1055 Route 32, Rosendale

Classes are free and open to the Public. All ages and abilities are welcome.

For more information, call the Recreation Office 658-8198.