DC Mayor's Office on Asian and Pacific Islander Affairs

Out of Many Cultures, One Community

FREE TAI CHI CLASS

EVERY WEDNESDAY, 11 AM

Location: N Street Park
(7th and N Street NW)

All classes are FREE and open to the public. No registration is required.

Community members doing Tai Chi at Shaw Community Day event in November 2015.

What is Tai Chi?

Tai Chi is a Chinese martial arts form that offers fun and gentle exercise for the body and mind. It's an enjoyable way to improve mobility, balance and overall well-being.

MOAPIA MAYOR'S OFFICE ON ASIAN & PACIFIC ISLANDER AFFAIRS

DPR DC DEPARTMENT OF PARKS AND RECREATION

WE ARE WASHINGTON DC GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

For more information, email us at **oapia@dc.gov** or call (202)-727-3120.