

...RELAX YOUR BODY & CALM YOUR MIND ...

TAI CHI

**JANUARY 23RD, 2007
7PM-8PM**

Come take an introductory workshop in Tai Chi; the healing, meditative, martial art, which originates from China and has been passed down from teacher to student for centuries.

Tai Chi has many health benefits including:

- Balance control
- Flexibility
- Cardiovascular fitness
- Reduces pain, stress, & anxiety
- Aids in the discovery of and directs the flow of chi, the life force

WHERE?

Brentwood CSU
Suffolk Community College
Crooked Hill Road
Brentwood, NY
(631) 851-6888



Open to all FDNY & EMS members and their families!

RSVP REQUIRED BY 1/17/07:

CONTACT KRISTEN BROWN (212-570-1693, x385) FOR MORE INFO

*This program is supported by a
September 11 recovery grant
from the American Red Cross
Liberty Disaster Relief Fund.*



Community Connections
A program for active FDNY members,
EMS personnel, their families, and staff.