



Virtual TCC Class
Resuming on Zoom
Fridays from 10:00-11:00
February 2 – March 22, 2024
Join in any time
Joanne Howell, Accredited TCC
Instructor
\$5 donation per class

joy thru
Tai Chi Chih®
movement

Tai Chi Chih is a form of
moving meditation that is
easy to learn and fun to
practice

Contact Joanne Howell at gojoanne@gmail.com
for more information and for your Zoom Invitation