



TAI CHI



- Experience the benefits of this ancient Chinese system of exercise and meditation.
- Improve your flexibility, balance, muscle tone, energy and mental well being
- Instructor, Ken Marx, has over 30 years experience in the arts.

When: SATURDAYS at 10:00am
Session I

February 6, 13, 20 & March 6

Cost: \$40/four week session;
Friends of Green Cay Members, \$30

*****Payment Required at Time of Reservation*****

More Info: Call Green Cay Nature Center @ (561) 966-7000



Palm Beach County Board of County Commissioners
Burt Aaronson, Chairman, Karen T. Marcus, Vice Chair, Jeff Koons,
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County Administrator Robert Weisman

