



NEW AT HOLY TRINITY!
'TAI CHI ON THE CHAIR'
EXERCISE CLASSES

This wonderful form of exercise enhances balance, stress management, health and healing and is great for any fitness level, from active seniors to those recovering from an injury.

*Led by Certified Personal Trainer
and Qigong (Taichi) Instructor*
PAULETTE HAINES

**Where: Holy Trinity Anglican Church
2 Hammond River Rd. Quispamsis
(Beside the Hammond River Bridge)**

CLASSES are \$5.00 each

**TUESDAYS
STARTING JANUARY 9th, 2024
FROM 1:15 - 2:00 PM
No equipment required**

**TO REGISTER OR FOR MORE
INFORMATION CALL
506-647-8170**