



TAI CHI CHAIR EXERCISE

This gentle exercise improves balance, supports stress management, and promotes health and healing for all fitness levels—from active seniors to those recovering from injury.

*Led by Certified Personal Trainer
and Qigong (Taichi) Instructor
Paulette Haines*

*Holy Trinity Anglican Church Hall
2 Hammond River Road
Quispamsis*

Start date:
Monday, Sept 14, 2026, 11:00-11:30am
End date Nov 23, 2026

\$50 for 10 Classes

REGISTRATION REQUIRED

Space is limited!

CALL PAULETTE HAINES:

506-609-9099

Email: Pmhaines11@gmail.com