



'TAI CHI CHAIR' EXERCISE

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)**

Cost \$50 for 10 Classes

**Starts Monday
September 17, 2026**

11 am to 11:30 am

No equipment required

**TO REGISTER OR FOR MORE INFORMATION
CALL 506-609-9099**

**Made possible through the partnership of Holy Trinity Hammond River
and the Anglican Diocese of Fredericton**