



Stockton Center on Successful Aging Free “Tai Chi Chih” Workshop for Older Adults

Four Week Summer Session at the Noyes Museum of Art

For Immediate Release

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Galloway, NJ- The Stockton Center on Successful Aging (SCOSA) is sponsoring a free four-week workshop series, *Tai Chi Chih for Older Adults*.

The workshops will take place June 20, June 27, July 11 and July 18 from 11:00 am to 12:15 pm at the Noyes Museum of Art, 733 Lily Lake Road, in the Oceanville section of Galloway. The workshop series will introduce participants to the many benefits of this ancient form of physical exercise.

Presented by Mary Schapker, the program is designed to introduce students to twelve of the twenty movements that comprise the practice of Tai Chi Chih. It can be performed by anyone regardless of age or physical condition. It requires no special clothing or equipment.

Advance registration and commitment to all four sessions is required and space is limited. To register, call (609.652.8848) or stop by the Noyes Museum of Art. Visit the SCOSA website (www.stockton.edu/scosa) for details and updates.

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