



On **Saturday April 29, 2017**, people all over the world will join together to practice Tai Chi and Quigong at **Ten O'clock** in the morning in their time zones as a means of celebrating these forms of exercise.

Led by Sifu Morris Siegel, this year's celebration will take place at the **Haddon Heights Community Center** (321 7th Avenue). The event is **FREE**. It is open to the public and will feature demonstrations as well as group activities. Please plan to join us.

If you have any questions, please contact our Program Coordinator at 856-546-2585 or programcoordinator@haddonhts.com.