

# Tai Chi-8 FORM



Tai Chi is a Chinese martial art that uses slow, deliberate movements to benefit health and balance. The particular form we will be studying in this session is called the “8 Form” because it uses eight Tai Chi movements. This form benefits many health conditions. Our instructor is an International Gold Medalist and Hall of Fame Tai Chi Practitioner.



## WINTER SESSION 2019

January 14<sup>th</sup> - March 18<sup>th</sup>

10 weeks

Monday Evenings : 6:15pm - 7:15pm

Location: The Cabin, 600 Lippincott Lane

Instructor: Morris Siegel, RN, MA, C.Hy

Fees: \$75/Resident \$80/Non-Resident

Senior Discount(55+): \$60/Resident

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### HADDON HEIGHTS TAI-CHI

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

*Email and Phone # are used for notification of class changes, cancellations, etc.*

Total Enclosed: \_\_\_\_\_

Winter 2019 - Tai Chi - Class Code: 139

55+ Resident Senior Discount

ONLINE REGISTRATION AND CREDIT CARD PAYMENTS NOW AVAILABLE! Information can be found on the Borough's Website at [www.haddonhts.com/programs](http://www.haddonhts.com/programs). You can also pay with credit card over the phone by calling the Borough Hall Mon-Fri 9am-5pm at 856-547-7164 ex 3. There will be an additional 2.95% service fee on all credit card payments. Any questions please contact the Program Coordinator at 856-546-2585 or [ProgramCoordinator@haddonhts.com](mailto:ProgramCoordinator@haddonhts.com).

Checks can be made payable to: Borough of Haddon Heights and mailed or dropped off at the Borough Hall ATTN: Programs, 625 Station Avenue, Haddon Heights, NJ 08035

QUESTIONS? 856-546-2585 or [ProgramCoordinator@haddonhts.com](mailto:ProgramCoordinator@haddonhts.com)