

Atlantic City Public Schools

Title I Parent Resource Center

TAI CHI & QIGONG

Simple E2 Movements

Non-Contact/Low Impact Exercises

Open to ages 6 and up

IMPROVE YOUR

- PHYSICAL HEALTH
- MENTAL HEALTH
- MEMORY
- MUSCLE STRENGTH
- FOCUS
- FLEXIBILITY
- AND MUCH MORE

Tuesdays

6:00pm - 7:00pm

Senior Citizens Room @
Dr. Martin L. King Jr. School Complex
Atlantic City, NJ 08401

Classes begin 11/28/23

Sign up by text or email
josephbrown@acboe.org
609-214-0511



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