

Remaining 2017 Events*

T'ai Chi Step One celebrates 27 YEARS in the Mahoning Valley this year!

Wednesdays, 12:00 Noon T'ai Chi Step One in the Gardens.
Fellows Riverside Gardens, Mill Creek MetroParks.
On-going classes, year round. Warm-ups and complete form practice. Instruction tailored to those attending.
Drop-ins welcome!

June, July & August Summer Practice in Wick Park, 6:00 p.m., Thursdays, weather permitting.

June, July & August Summer Drop-in Session at "A Moment for Me," Governor Insurance Building, 2nd Floor, 972 Youngstown Kingsville Rd. (Route 193) Vienna. BEGINNERS WELCOME!

Sept. 28 – Dec. 21
Thursdays, 6:00 p.m.
NO CLASS Oct.26;
Nov. 16 & 23
Fall Session, 10 classes. Beginners & Upper Level.
First Presbyterian Church, 201 Wick Avenue
Youngstown, OH 44503.

Sept. 14 – Nov. 16
Thursdays, 12 noon
T'ai Chi for Beginners Course
Fellows Riverside Gardens, Mill Creek MetroParks.
10-class program for those with little or no previous experience in t'ai chi. Pre-registration with Mill Creek MetroParks REQUIRED. No drop-ins.

*This schedule is subject to change.

For more information, please call 330-746-5933
Or email mlew@neo.rr.com