

TAI CHI

Education & Demonstration



SATURDAY, APRIL 18TH • 1:00PM - 1:45PM

Join us in the Community Room as instructor Shane Del Bianco discusses and demonstrates the art of Tai Chi. A lifelong student with 30 years of practice, Shane brings a wealth of experience and currently leads classes at the YMCA in Brown County. Discover how this gentle, ancient practice promotes balance, relaxation, improved mobility, and mental focus—often described as “stillness in motion.” Healthy snacks and drinks provided.

PLEASE RSVP BY APRIL 16TH

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