



# Brighton T'ai Chi Club

## Fall Classes

Yang Style T'ai Chi and Qi Gong

**Monday Mornings 9-10:30 am or**

**Monday Evenings 5:30-6:30 pm**

St Paul's Anglican Church Hall

48 Sanford St Brighton

Commencing September 11

For more information call 613-475-887

Email: [lesimla@sympatico.ca](mailto:lesimla@sympatico.ca)