

COMING UP

TAI CHI CLASSES OFFERED BY WOMAN'S CLUB OF DOUGLASTON



WCD is happy to announce that we will be offering Tai Chi classes with **Ada Kong**, instructor of Tai Chi and Health Qigong. She has been practicing Tai Chi for over twenty years, specializing in Yang-style Tai Chi Chuan and Tai Chi Sword - traditional arts that reflect balance, harmony, and the connection between body and mind.

Stay tuned for more details