



Tai Chi Classes at First Unitarian Church of Toledo

Randy Menakes, certified Tai Chi instructor, will teach an hour-long class here at First Unitarian Church of Toledo beginning **Wednesday, January 24 at noon to 1 pm in Fellowship Hall**. The class will continue weekly at noon on Wednesdays for ten weeks. Attendees can sit or stand for the class. Participants will be asked to pay \$5 per class or \$30 for the ten weeks if paid in full. Scholarships are available for persons finding the fee a hardship -- see Rev. Tim about this matter. Randy has been teaching Tai Chi for four years and completed his certification under the instruction of Dr. Paul Lam, a renowned Tai Chi instructor, who has developed Tai chi forms for help with health-related challenge. Please, contact the church for any further questions at 419-381-6999.

Tai Chi Classes at First Unitarian Church of Toledo

Please sign up using the form below and return to church office or instructor.

Name

Phone #

Email

Emergency Contact

Phone

Disclaimer: You should consult with your physician or other health care professional before starting this or any other fitness program to determine if it is right for your unique needs.