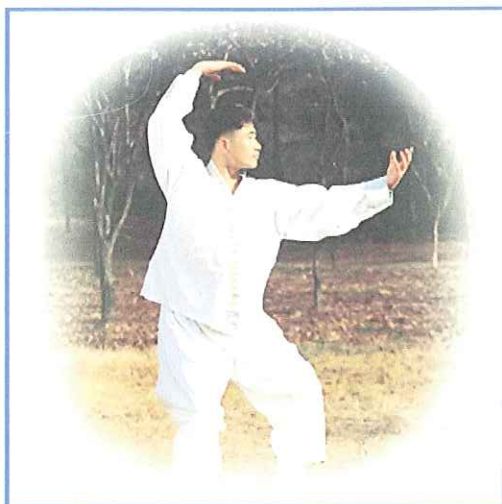


World T'ai Chi/Qi Gong Day

Saturday, April 30, 2011

Co-sponsored by the Carson Valley T'ai Chi Club
& Douglas County Parks & Recreation Department



We invite you to join us in observing the Thirteenth Annual World T'ai Chi/Qi Gong Day to educate our community to the wonders of these arts! Practitioners around the world will be participating in massive outdoor demonstrations.

T'ai Chi & Qi Gong are believed to:

- Boost the immune system
- Slow the aging process
- Lower high blood pressure
- Reduce anxiety and depression
- Improve balance and coordination

Date: Saturday, April 30, 2011
Time: 10 am—12 noon
Location: Minden Park, 6th & Esmeralda Sts.

For more information, contact:

Earl Mussett
(775) 782-6603
Email: earlwm@clearwire.net

Douglas County Parks & Recreation
(775) 782-9828

Or visit the websites at: www.cvtcc.bravehost.com
www.WorldTaiChiDay.com