

# Tai Chi = E<sup>2</sup>



Come to this workshop if you want to learn some Tai Chi basic warm ups and a new way of thinking in one fell swoop. This interactive workshop is with Judy England-McCarthy. A seasoned veteran of facilitating workshops Judy will take you through stretches and simple movements that are used in Tai Chi. Once you limber up your body the remainder of the 90 minute workshop will limber up your mind.

Registration is required and please wear comfortable clothes.

Judy England-McCarthy's has been doing workshops since the 90's and her background includes Therapeutic Massage, Nursing and Professional Storytelling. She is both published author and poet.

**Sunday June 23 2pm**

**REGISTRATION REQUIRED**

**TO REGISTER, PLEASE CALL THE SOUTH PLAINFIELD LIBRARY AT  
908-754-7885**