Tai Chi
3-Day Workshop

New River Community and Technical College
Greenbrier Valley Campus
Jefferson Office Park, Lewisburg

September 9-11
10:00-11:30 AM

Instructor: Mitzi Marricco
Tai Chi Master from Butler, PA

Get yourself back in the best shape you have ever been.
Let Tai Chi Master Mitzi Marricco introduce you to the 38 basic steps of this ancient area of exercise during this fun workshop! Come prepared to laugh and learn.

Cost: $50 - Preregistration is required

Deadline For Registration: September 2, 2009

For more information or to register, contact New River Community and Technical College Department of Workforce Education at 304.647.6570 or 304.793.6101