

# Brick Township RECREATION DEPARTMENT



## PROGRAM INFORMATION

- Program Name: Tai Chi and Qi Gong Fusion - Fall Series
- Program Dates: Tuesdays 10/10 through 11/7 8am-9am at Civic Plaza Activity Center
- Description: Enjoy fun, simple and effective Tai Chi, Qi Gong and Eastern healing techniques that nurture, balance and restore. Explore and learn about whole-body movement, breathing, massage, visualization, meditation, and your own inner wisdom. Experience enhanced body awareness, improved balance, strength and flexibility, and increased energy, mental clarity and calmness.
- Fee: \$60 per person
- Registration: Begins 8/6

**Register online at [parksandrecreation.bricktownship.net](http://parksandrecreation.bricktownship.net) or in the Recreation Office, Monday through Friday, 7:30am-4pm.**

Recreation accepts cash, check, credit care (Amex, Visa, MasterCard and Discover) and money order made payable to Township of Brick. Non-refundable convenience fee for credit cards. Registration is limited to Brick Twp. residents, children of twp. taxpayers or those who receive regular daily care from a relative who is a Brick Twp. resident. All programs require a minimum enrollment. Full refunds given in the event that the Recreation Dept. cancels a program.

Brick Township Recreation Department  
270 Chambers Bridge Road, Brick, NJ 08723 732-262-1044