



CANADIAN TAI CHI ACADEMY

NIPISSING DISTRICT

invite you to our Tai Chi workshop

When: Thursday, November 14, 2024

**Where: Callander Community Centre,
1984 Swale Street, Callander, ON**

Cost: \$10 for CTCA members



Tom Daly and Valerie Way-Nee from Peterborough will lead a general Tai Chi workshop from 9:30 - 2:30. Beginner and Continuing members are welcome and both will benefit from the instruction. Instructors and assistants will continue their training from 2:30 – 4:00. Doors open at 8:30; registration starts at 9:00. Please show your interest by signing up in advance however; registration fees will only be accepted on the day of the workshop.

We will be accepting donations of snacks, fruit, baking, etc. for our tea breaks. We will provide tea and water but please bring your own cup or water bottle. We will provide pizza for lunch or bring your own if you prefer.

Our local membership protocol does not require the use of masks but please practice social distancing whenever possible.

Donations to the Callander Food Bank are also accepted. Collection boxes will be available by the entrance. Thank you.

For more information, please contact Rhéaume at
rheaubellehumeur@gmail.com or 705-303-8954.