



SAN MATEO COUNTY LIBRARY
Connect. Discover. Evolve.

Belmont Library presents

Should I learn Tai Chi?

Come find out for yourself.



Wed Apr 27, 2011
7:00pm-8:30pm

Wed May 11, 2011
7:00pm-8:30pm

Sat May 14, 2011
10:30am-12:00pm

FREE

Belmont Library
1110 Alameda de las Pulgas
Belmont, CA

Discover why *millions* around the world have been doing this exercise for centuries! In this fun and *healthy* 1.5 hour INTRO lecture and demonstration, you will learn how these simple movements can build stronger bodies, create better balance, promote a sharper mind, and provide great stress relief! Open to all ages,* we will try a few of the fundamental moves, and at the same time, clarify many misperceptions about Tai Chi - i.e. it's not that foreign; it's not just for old people; and it's slow for a reason! This talk will launch Belmont Parks & Recreation Dept summer classes for Adults, Seniors and Kids* (ages 7+). Classes begin in May. See Schedule. *Enjoy your health!*



ABOUT THE SPEAKER: Elliott Mao is a Tai Chi Instructor, a Reiki and QiGong practitioner, a consultant / lecturer for a total wellness research & development institute. She has over 20 years experience in teaching Tai Chi and other health modalities. Inspired by the body, mind and spirit benefits from Tai Chi, she has expanded her classes to all age groups, going beyond the classroom to corporate offices, hospitals, senior centers and television.

For more information, call the Belmont Library at (650) 591-8286 or Parks & Recreation Dept. (650) 595-7441.