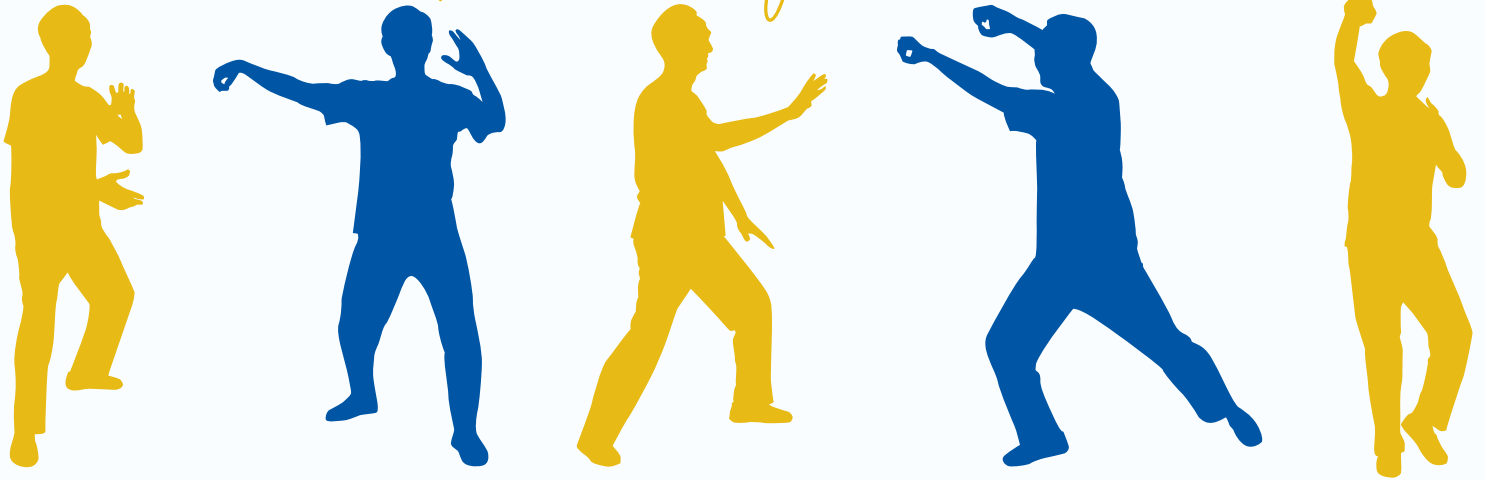


# MAY

*Mind Body Class*



# TAI CHI

*with Dr. Jay D.*

Serenity through gentle movements connecting the mind and body; used for stress reduction and to improve health, balance and flexibility.

## WHEN

Tuesdays in May  
12:30PM - 1:30PM

## HOW

Use our group exercise  
Zoom Meeting ID and  
password.

FREE TO ACTIVE MEMBERS; NON-MEMBERS MAY PURCHASE VIRTUAL GUEST PASS.

SEE MEMBER SERVICES FOR MORE INFORMATION.

Duke Center for Living  
at Fearrington