

FREE Presentation 

T'ai Chi

(an overview & demo)

**Sunday, July 19, 2009
Starting at 3 pm**

**Learn all about T'ai Chi,
its incredible range of
HEALTH BENEFITS,
and what it can do for YOU!**

*Those who pre-register will have a chance
to win FREE T'ai Chi or Qigong lessons.*

**herbal tea & light refreshments will be provided
*another topic each month***

Oriental Medicine and Health Services
Brian C. Allen, MSTOM
1201 Philadelphia Pike, Suite D
Wilmington, DE 19809
302-792-2831 • info@omhs.biz • <http://omhs.biz>

Call or write for more information.

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