

# Town of Kure Beach Recreation now offers Tai Chi



**WHEN: Starting Tuesday, January 21, 10:00 to 11:00 AM**

**WHERE: Kure Beach Community Center**

**WHO: For all Tai Chi beginners**

**WHAT: Yang style Tai Chi form study and exercises**

**COST: \$80 per person for ten weeks every Tuesday (skipping the second Tuesday of every month) at 10AM through April 7.**

---

Instructor, Lee Atwater has been practicing Yang style Tai Chi for nearly 30 years in the Central New Jersey area. He moved to the Wilmington area with his family in July of this year. Lee is a former Merrill Lynch employee and knows the rigors and stresses of maintaining a corporate job and raising a family. He has used Tai Chi to relax and release stress and teaches those techniques to others through classes at local fitness centers and other venues. For more information about Lee and Tai Chi, please visit his website at [www.taichilee.com](http://www.taichilee.com).

Any questions can be directed to Lee at [sifulee@taichilee.com](mailto:sifulee@taichilee.com).

