

# *World Tai Chi & Qigong Day*

**Saturday, April 30, 2016 9:30 am – 12:30**

**Friendship Fountain**

**1015 Museum Circle**

**Jacksonville, Florida 32207**

*World Tai Chi & Qigong Day has been celebrated in 100's of cities in over 80 nations bringing people together in gentle Tai Chi & Qigong movement. Tai Chi has been referred to as "moving meditation" and is often practiced today for its proven health benefits.*

*This free event offers presentation and practice of different styles & forms practiced within our community.*

Join us for this community - global event  
the theme is

*One World ... One Breath*



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