

BROWN BAG LEARNING SERIES (Brown Bag Brain Boost)

Join us from 12-1:00pm one Friday a month for an informal lunch time program featuring speakers from local businesses and organizations. A wide range of topics will be discussed that are educational and entertaining.

The Brown Bag Learning Series is free to the public. Guests are welcome to bring their lunch; refreshments will be provided.

**Friday, March 3
Main Library, Costin Room**

T'ai Chi for Healthy Living

Presented by Jon Woodward

T'ai Chi is an ancient Chinese martial art that nowadays is more often seen as a form of relaxing exercise. It combines slow, fluid movements with a meditative state of mind that helps to improve our balance, health and well-being. At this workshop, we will explore the roots of T'ai Chi and have the opportunity to try out a few simple movements. For more information on this program, please visit www.MetroWestTaiChi.com/BrownBag.

ABOUT JON WOODWARD:

Jon Woodward has studied T'ai Chi for the last 32 years and has been teaching for more than ten years. He is certified as both a "Yang Style T'ai Chi" and "T'ai Chi Moving for Better Balance" instructor. He holds more than a dozen classes in Framingham and surrounding towns, teaching well over 100 students.



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