



Jin Shin Jyutsu and Tai Chi Introductory Courses Back to Back!



Beginning at 9:30am, Jin Shin Jyutsu will be presented by Pat Kane of Bellwood Wellness Center. Pat has been practicing energy therapy since 1999. Jin Shin Jyutsu is for those wishing to maintain health, harmony and well-being. Discover how your hands are the jumper cables for clearing energy blocks throughout your body. Teacher : "My students use it while taking tests." Patient: "I use it in the dentist chair."

Following this, Tom Tague of Skylands Energy Arts will be hosting *Beginners Tai Chi for Balance and Strength*, starting at 11am. Tai Chi is a gentle exercise suitable to all ages and all body types. Working together you will lower your stress, anxiety and pain, as you increase your circulation and mobility. The experts agree that regular practice of Tai Chi has positive impact on many conditions, ranging from cancer recovery, arthritis, diabetes, depression, fibromyalgia, and Parkinson's.

Saturday, October 13
Jin Shin Jyutsu at 9:30am
Tai Chi at 11:00 am
at the North County Branch Library
65 Halstead Street, Clinton, NJ

Due to the popularity of our programs, we recommend reserving a seat
Please sign up using our new Events Calendar at www.hclibrary.us or call (908) 730-6135

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (908) 788-1434. Without advance reservations, it may not be possible to provide accommodations. 9/18