

**SPALDING COUNTY**  
*Committed to Excellence*

Post Office Box 1087  
Griffin, Georgia 30224

**March 19, 2018**

**PRESS RELEASE**

**FOR IMMEDIATE DISTRIBUTION**

Spalding County Parks & Leisure Services  
770-467-4750

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## **SPALDING COUNTY LEISURE SERVICES INVITES YOU TO “WORLD TAI CHI DAY”**

Spalding County Leisure Services invites you to come and be a part of  
World Tai Chi Day:

**Saturday, April 28, 2018**

**9:30 a.m. – 11:00 a.m.**

**Airport Road Park**

**199 Airport Road**

**Griffin, GA 30224**

Tai Chi is an ancient exercise that consists of slow, fluid movements.  
It helps to reduce stress, increase balance and flexibility, and to promote  
physical and mental wellbeing.

**NO EXPERIENCE NECESSARY  
LEARN TAI CHI FOR FREE**

This exciting event is open to all ages and physical abilities. Pre-registration  
is not required.

***For information, contact Spalding County Leisure Services at  
770-467-4750.***

**## ##**

World Healing Day



## **WORLD TAI CHI & QIGONG DAY**

**Saturday, April 28, 2018**

**9:30 a.m. - 11:00 a.m.**

**Airport Road Park - 199 Airport Road, Griffin**

World Healing Day is filled with peaceful meditation and celebrated around the globe by over 70 Nations. Harvard Health Publication has called Tai Chi “moving medication” for all the myriad health issues it has been proven to help with.

***NO EXPERIENCE NECESSARY***

Attend, learn and participate in this free global event.

Global Contact: [www.WorldTaiChiDay.org](http://www.WorldTaiChiDay.org)

Local Contact: 949-246-0060

