



# The Chinese Association of Greater Toledo Tai Chi Club

## Who Are We?



The Chinese Association of Greater Toledo Tai Chi Club is part of the Chinese Association of Greater Toledo (CAGT). CAGT is a nonprofit and 501(c) (3) tax-exempt organization. CAGT membership is open to anyone who is interested in CAGT's activities or desires to learn about China, Chinese culture and language. For more information about CAGT and CAGT membership please visit <http://toledochinese.org/>

The CAGT Tai Chi Club offers CAGT members the opportunities of learning Tai Chi and Qi Gong. Our mission is to promote the awareness of Tai Chi and Qi Gong as excellent exercises for relaxation and the achievement of physical and mental health. We also want to improve our Tai Chi performance and serve the community through demonstrations. Our members can perform Tai Chi forms 8, 13, 24 and 42, Tai Chi Gong Fu Fan, Tai Chi Double Fan, and Tai Chi Pearl, as well as other forms of Tai Chi and Qi Gong.

## Tai Chi & Qigong Class Schedule – Summer 2022

*June 5, 2022 – August 28, 2022*

*Sunday, 10:00 am – 11:30 am (Zoom & Wildwood Park)*

*Wednesday, 8:00 pm – 9:00 pm (Zoom Class Only)*

**Location: Wildwood Preserve Metropark, 5100 Central Ave, Toledo, OH 43615  
(If raining change to Fossil Park, 5705 Centennial Rd, Sylvania, OH 43560)**

Join Zoom Meeting

<https://us02web.zoom.us/j/8714738968>

Meeting ID: 8714-73-8968

Password: 758614

## Contact Information

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**Tai Chi Club**

