

Tai Chi for adults

Certified instructor Marcia Wyman teaches tai chi at **10 a.m.** on **Tuesdays** at the **Red Barn**. The sessions cover basic tai chi movements for balance, flexibility, strength, and mental concentration. Marcia teaches a modified Yang form that is easy and safe for everyone. Cost is \$30 for four classes; \$8 for a single session. You can contact Marcia at (603) 224-5768 for more information.