



## TAI CHI AND QIGONG MOVEMENTS FOR BALANCE AND WELLNESS

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# SEAMLESS MOVEMENT CLASS SCHEDULE

### TUESDAY

11:00AM UNITY MORAVIAN CHURCH,  
8300 CONCORD CHURCH RD. LEWISVILLE

3:00PM FAIRVIEW MORAVIAN CHURCH,  
6550 SILAS CREEK PKWY  
WINSTON-SALEM

### WEDNESDAY

10:00AM COMING SOON

### THURSDAY

10:00AM TRINITY PRESBYTERIAN  
CHURCH, 1416 BOLTON ST, WINSTON-SALEM

2:00PM KONNOAK HILLS MORAVIAN  
CHURCH, 3401 KONNOAK DR, WINSTON  
SALEM

CLASSES ARE DESIGNED FOR ALL FITNESS  
LEVELS. COST \$5/PERSON

BETH BLAIR IS BOARD CERTIFIED IN  
THERAPEUTIC MASSAGE AND BODYWORK.  
TAI CHI AND QIGONG INSTRUCTOR FOR OVER  
10 YEARS. CPR CERTIFIED.