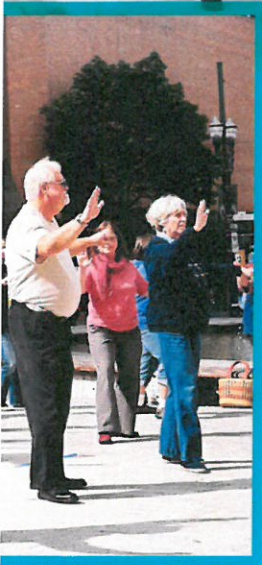
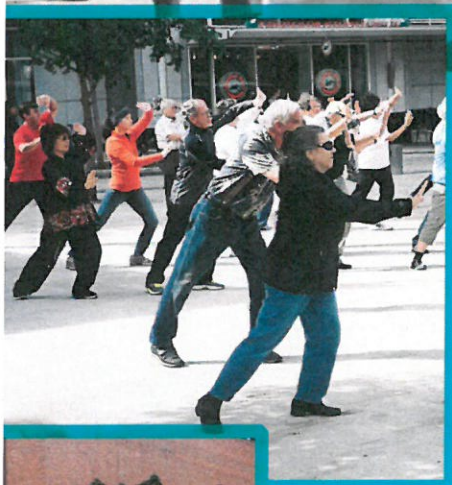


# JOIN US..TAI CHI FLASH 2014

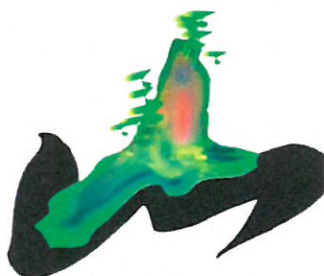


*Dear Tai Chi enthusiasts  
September is Falls Prevention  
Awareness Month and we are  
celebrating with a Tai Chi “flash mob”  
at Director Park in downtown Portland  
on Saturday Sept. 27th at noon!*

*Join your Tai Chi colleagues  
help spread the message that  
senior falls are preventable.*

*We have created a webpage  
with all of the details about the event*

*<http://www.americanstyletaichi.com/special.html>*



*stand like a mountain  
move like a wheel*