



April Ladies Meeting

Shrine Ladies, Please Join us for our meeting on April 16, 2019, as we learn some basics of the Ancient Chinese art of Tai Chi.

Cox Fitness Center will teach us the graceful form of gentle exercise that helps reduce stress through gentle, flowing movements and deep breathing.

**Happy Hour 5:30 pm; Dinner at 6:30 pm
Meeting and program to follow • Shrine Lower Level
Cost of meeting \$15**

**Open to all Shrine Lady Auxiliary members
RSVP a must by April 11**

Cost will go up to \$25 for any RSVP received after April 11th.