

## Government House July - September 2020

All Welcome! Come, Relax, and EnJOY!  
Be WELL and Be SAFE!



T'ai Chi Chih  
*On the Lawn at*  
Government House



Every Tuesday starting July 7th  
July, August, September  
12pm to 1pm  
Volunteer Instructor: Sheila Leonard, PBVM



Wisdom Healing Quigong  
*On the Lawn at*  
Government House



Every Thursday starting July 9th  
July, August, September  
12pm to 1pm  
Volunteer Instructor: Sheila Leonard, PBVM