

# COQUITLAM PUBLIC LIBRARY

## Tai Chi Chuan for Health

(星期二) 5月 18 日  
晚上 7 時 至 8 時 30 分

Tuesday, May 18  
7:00–8:30 p.m.

高貴林公共圖書館

Poirier Branch  
Nancy Bennett Room  
575 Poirier Street

太極拳是中華民族歷史悠久的文化瑰寶，既是中國武術的內家拳，亦是一種可強身健體的運動，勤練可致健康長壽。為慶祝五月亞裔傳統月，高貴林公共圖書館誠邀加拿大中國太極拳學會會長及錦濤太極拳會的創辦人，著名太極拳大師李錦濤師傅為我們漫談如何利用太極拳養生，並作即場示範及講解。中文主講。費用全免，座位有限，必須報名。如查詢或報名，可致電 Shirley 604-937-3221。

**This program is in Chinese.** Coquitlam Public Library is honoured to invite world-renowned Tai Chi Chuan Master Mr. Laurens Kam To Lee, President of the Chinese Tai Chi Chuan Association of Canada and founder of the Kam To Tai Chi Chuan Association, to share his insights. Master Lee will discuss and demonstrate how to preserve health through this ancient martial art and exercise.

**Seats are limited and registration is required for this free program. For more information or to register, please contact Shirley at 604-937-3221.**

MAY IS ASIAN HERITAGE MONTH

如何利用太極拳養生

