

Senior Support Series:

Tai Chi For All

September 10, 2025, 1:30 p.m.

FREE event, held at the Marquette Regional History Center in collaboration with Mapping Medicare:

Tai chi instructor, Sensei Traci will lead us through some history on the benefits of practicing the ancient movement exercise of tai chi. This afternoon of learning will provide a welcoming space to try out the intentional movement practice, proven beneficial for both the mind and body.

Win door prizes, enjoy complimentary Dead River Coffee. All ages welcome!



➔ Meet at 145 W Spring St, in Downtown Marquette. Free parking lot on-site and located directly across the street from a MarqTran Bus Station.

☕ Complimentary coffee from 

🎁 Door prizes! Including \$100 in grocery gift cards.

Next series event:

Wednesday, Nov 5, 1:30pm
The Wizard Oil Wagon!

For more information:

906-226-3571

MarquetteHistory.org

145 W Spring St, Marquette, MI



Marquette Regional
History Center
MUSEUM | LIBRARY | GIFTS

