

College lunch and learn topic to be dicussion on benefits of Tai Chi

Monday, 07 January 2013 12:52

The Wellness Center at Seward County Community College/Area Technical School invites the public to a lunch and learn at 12:15 p.m., Friday, Jan. 18, in SU214. Topic of the day is Tai Chi and Terri Barnes will talk about what it is and its benefits. Participants may go through the cafeteria line or bring their own lunch.

Friday, Jan. 18