

Intro to Tai Chi Form Information & Sign-Up Form

This is a 4-week course learning a tai chi form. It is free of charge to Locust Grove-area residents of age 18 and up and is sponsored by the Rural Oklahoma Museum of Poetry (ROMP). The class is limited to the first 25 people who sign up.



- When:** Mondays, 5:00-6:00 p.m., Nov. 2-23
Where: VFW Hall, 116 N. Broadway, Locust Grove OK
Why: Tai chi can greatly improve a person's physical and mental health. In addition, participants will learn about ROMP's ongoing Martial Arts & More Class and have the opportunity to join it if interested.
Who: The tai chi course is taught by Dionne Cornwell of Thomas Academy Tai Chi/Kung Fu in Tulsa.

NOTE: As this course is being offered free and is limited in size, please be sure that you can attend on the dates indicated.

To participate you must complete the form below and bring it to the 1st class.

Sign-Up Form: All Information Must Be Complete.

Name _____

Age _____ Phone _____

Address _____

Email _____

Participation in any exercise or exercise program involves the possibility of physical injury. If you engage in this program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Thomas Academy, Dionne Cornwell, ROMP, and the VFW Hall from any and all claims or causes of action, known or unknown, arising out of this program.

_____ (Please check) I agree with the participation indemnity statement above.

_____ Signature _____ Date _____