

The Hour

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A2 | The Hour | Wednesday, December 7, 2016

NEWSBITES



Erik Trautmann / Hearst Connecticut Media

Bill Wrenn teaches tai chi to seniors at the Norwalk Senior Center. Wrenn offers the free classes throughout town, including at the Senior Center and the Norwalk Public Library. QiGong with Bill Wrenn at Norwalk Public Library, Wednesdays at 5 pm - 6 pm