

Now Offering **Tai Chi**

PRACTICE BALANCE, FIND SERENITY

Beginner & Intermediate CLASSES

What can Tai Chi do for you?

Tai Chi is used to: reduce stress, increase flexibility, improve muscle strength and definition, increase energy, stamina and agility, increase feelings of well-being

- Reducing the number of falls
- Reducing anxiety and depression
- Improving balance and coordination
- Improving sleep quality, such as staying asleep longer at night and feeling more alert during the day
- Slowing bone loss in women after menopause
- Lowering blood pressure
- Improving cardiovascular fitness
- Relieving chronic pain
- Improving everyday physical functioning



Tai Chi Schedule

Date	Time	Session Information	Location
Monday, January 9, 2017	3:30pm-4:30pm	Demo Session for anyone who wants to learn more about Tai Chi. This <u>free</u> session will allow for demonstration and discussion about Tai Chi.	Activity Room
Monday, January 23, 2017	3:30pm-4:30pm	<u>Beginner's Class</u> will start and continue every Monday x 12 weeks (If the Monday is a Holiday, the class will be scheduled for an alternative day)	Activity Room
Monday, January 23, 2017	2pm-3pm	<u>Intermediate Class</u> will start and continue every Monday x 12 weeks (If the Monday is a Holiday, the class will be scheduled for an alternative day)	Activity Room

To register call Jennifer at 367-3648.

Limited slots are available.

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