

You're invited
**TO TRY TAI CHI
IN A VIRTUAL CLASS**



**We will teach you how to join
the online class!**

In a nut shell

Tai Chi (pronounced Tie-Chee) is a gentle form of physical activity ideal for seniors who have uncertain balance and a fear of falling.

If you're looking for a way to reduce stress, consider Tai Chi. Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body.

Tai Chi may be done sitting down and adapted for those with special needs including people in wheelchairs.

Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that's now used for fall prevention, stress reduction and to help with a variety of other health conditions.

- Tai Chi can build strength
- Tai Chi promotes socialization
- Tai Chi is done at your own pace
- Tai Chi can be done sitting down
- Tai Chi promotes a healthy lifestyle

**Mandatory commitment of
12weeks—2 times a week.**

**Mondays and Fridays
Sept 30th—Dec 27th,
2024**

10:00AM—11:00AM

**Once you have registered we
will send you the link to join
the class online:**

**To register call Maureen
561-214-8622**

