

**New Tai Chi for Seniors Class will begin**

**Tuesday, July 25, 2017**

**@ The Bud Hogan Community Center, 1:00PM**

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**Wednesday, July 26, 2017**

**@ The McDowell Senior Center, 9:45AM**

McDowell Outpatient Rehabilitation

Services will host a free 12-week Tai Chi class.

This class is appropriate for standing and seated persons.

Some benefits of Tai Chi includes: improving strength, flexibility and balance.

Tai Chi is also attributed to: decreasing stress, increasing blood circulation, improving joint pain, increasing energy levels and may also help with weight loss.

Each class will include a warm up and cool down with a new form taught each week.

No special equipment or dress is required to participate.

Participants are asked to commit to as many classes during the 12-week session as possible and also to practice what they have learned for best results

For more information Contact:

The McDowell Senior Center @ 659-0821

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For Old Fort Class @ 668-4867.

