

Tai Chi Class

Tai Chi for seniors starts back on
Wednesday, July 15, 2015

9:45am-10:45am

@

The McDowell Senior Center, Marion

And

Tuesday July 14, 2015

1:00pm -2:00pm

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Bud Hogan Community Center, Old Fort

- McDowell Outpatient Rehabilitation Services will host this free 12 week Tai Chi class being in July.
- 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
McDowell Senior Center @ 659-0821
Bud Hogan Community Center @ 668-4867

