

Tai Chi Class Is Back

Tai Chi for seniors new 12 week class starts on
Wednesday, January 27th, 2016
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The McDowell Senior Center

- McDowell Outpatient Rehabilitation Services will host a free 12 week Tai Chi class being on Wednesday, January 27th
- The class will run from 9:45AM-10:45AM in the McDowell Senior Center's multipurpose room.
- 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
- You must Pre-Register by January 25th by calling the Senior Center at (828)659-0821



From More Information Contact
McDowell Senior Center @ 659-0821