

Tai Chi Class Is Back

New Tai Chi for seniors Class will begin

Tuesday, May 23, 2017 @
The Bud Hogan Community Center, 1:00PM

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Wednesday, May 24, 2017 @
The McDowell Senior Center time, 9:45Am

- McDowell Outpatient Rehabilitation Services will host a free 6-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 6-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
&
For Old Fort Class @ 668-4867

