

# Tai Chi Class Is Back

**Dr. Lam's Tai Chi for Arthritis and Fall Prevention**  
**Gentle exercise program based on ancient Chinese martial art.**

**This class will run three days a week for 10 weeks**  
**Mondays 8:30-9:30am, Wednesdays & Fridays 9:30-10:30am**  
**Beginning on May 13<sup>th</sup> and Ending July 19<sup>th</sup>**

- Certified Instructor, Janice De Mille and Bertica Spencer.
- Tai Chi is an evidenced based program recognized by the CDC.
- Regular practice of Tai Chi has been shown to reduce arthritis pain, improve flexibility, balance and muscle strength.
- Participants are asked to commit to attend at least 2 classes per week and practice outside of class.
- **"Registration is required".**
- Stop by Front desk for registration forms

For more information Contact:

The McDowell Senior Center @ 659-0821

