

You're invited
TO TRY TAI CHI



In a nut shell

Tai Chi (pronounced Tie-Chee) is a gentle form of physical activity ideal for seniors who have uncertain balance and a fear of falling.

If you're looking for a way to reduce stress, consider Tai Chi. Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body.

Tai Chi may be done sitting down and adapted for those with special needs including people in wheelchairs.

Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that's now used for fall prevention, stress reduction and to help with a variety of other health conditions.



- Tai Chi can build strength
- Tai Chi promotes socialization
- Tai Chi is done at your own pace
- Tai Chi can be done sitting down
- Tai Chi promotes a healthy lifestyle
- **Helps Prevent Falls**

**Special Fall Prevention Week
Trial Class
Tuesday—Friday
September 22, 23, 24, 25, 2020
1:00PM—2:00PM**

Sign up for a trial class!

**To register call
Maureen
561-684-5885 ext.59103**