You're invited
TO TRY TAI CHI
IN A VIRTUAL CLASS

We will teach you how to join the online class!

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

Mandatory commitment of 12 weeks—2 times a week.

Tuesdays and Thursdays
Aug. 17 — Nov. 4, 2021
1:00PM—2:00PM
Once you have registered we will send you the link to join the class online:
To register call Maureen 561-684-5885 ext.59103