

*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

**You must attend**  
**18 out of 24 classes!**

**This class meets 2 times a**  
**week for 12 weeks!**

**Mondays and Wednesdays**

**Aug. 18—Nov. 5, 2025**

**2:00PM—3:00PM**

**Peace Presbyterian Church**

**4881 SE Cove Rd.**

**Stuart, FL 34997**

**To register call**

**Maureen:**

**772-521-4813**



Department of  
**ELDER AFFAIRS**  
STATE OF FLORIDA



**Area Agency on Aging**  
PALM BEACH/TREASURE COAST, INC.