

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



**We will teach you how to join  
the online class!**

***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

**This class meets 2 times a  
week for 24 weeks!**

**Tuesdays and Thursdays  
Feb. 1—July 14, 2022**

**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**

