

*You're invited*  
**TO TRY TAI CHI**



**LIBRARY EVENTS**



*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 12 weeks!**

**Tuesdays and Thursdays  
April 2nd—June 20th, 2024  
10:00am—11:00am**

**Adult and Caregivers Connection  
Hobe Sound Public Library  
10595 SE Federal Highway  
Hobe Sound, FL, 33455**

**To register:  
772-546-2257 or  
<https://www.martin.fl.us/event-s-classes-clubs>**

