

You're invited
TO TRY TAI CHI



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.



In a nut shell

- 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
Jan. 10 — June 1, 2023

1:00PM—2:00PM

**Royal Palm Beach
Recreation Center
100 Sweet Bay Lane
Royal Palm Beach**

To register call:

561-790-5124

www.royalpalmbeach.com

Department of
ELDER AFFAIRS
STATE OF FLORIDA



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