

*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

**This class meets 2 times a week for 12 weeks! Must attend 18 out of 24 classes.**

**Mondays and Fridays  
Jan. 5—March 27, 2026  
10:30AM—11:30AM**

**United Methodist  
Church**

**900 Brandywine Rd.  
West Palm Beach, FL**

**To register call Margie  
561-313-5028**

