



GENTLE TAI CHI

“A Fun Relaxed Approach to Exercise.”



This program caters to:

- Adults of all ages and abilities
- No experience is required

What will you learn:

- Health and Wellness Skills – how to increase balance, flexibility, and strength through gentle movement
- How to incorporate activity into daily life

This program is best suited for people who are comfortable with:

- Moving their bodies in a new way and who do not have any serious medical issues

- Correction through gentle repositioning (please inform the instructor if you do not want to be physically touched)

The Gentle Tai Chi Program is offered:

- Friday 11:00am – 12:00 noon

Is there a cost:

- No fee required
- Wear comfortable clothing

Do you need to sign-up:

- No registration required
- Space is limited

What participants are saying about the Gentle Tai Chi Program:

“Tai Chi energizes me when I am feeling tired.”

“It makes me feel relaxed.”

