

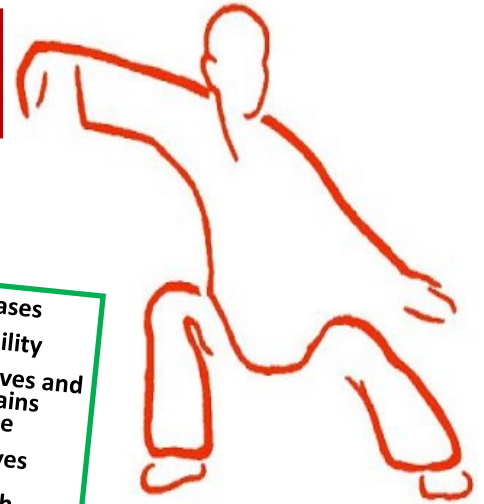
Want to Learn Tai Chi?

Wednesday May 1 @ 10:45 am

Doctors are recommending **Tai Chi** for balance, stress relief, fatigue and more because, while other exercises drain you, **Tai Chi** is easy and actually gives you energy, leaving you feeling refreshed when you finish!

The slow, dance-like speed of **Tai Chi** creates balance, flexibility and calmness.

Increases
Flexibility
Improves and
maintains
balance
Improves
muscle
strength



Tai Chi Free Demonstration Question and Answer Session

Wednesday May 1 -10:45 am @ New Hartford Senior Center

Please stop by to visit Ellie in demonstrating Tai Chi , or join her in learning the moves.