



Tai Chi Information Session

DATE:

Thursday
January 11, 2024
10:45-11:45 am ET

LOCATION:

Harrison Dining Center
212 S. Broad Street
Harrison, MI 48625

COST: FREE



PROGRAM SUMMARY:

During this session you will learn more about Tai Chi and have the opportunity to practice the warm ups. Participants should wear comfortable shoes and clothing and bring water. You can participate seated or standing.

Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention. Tai Chi has been shown to:

- Increase strength
- Increase balance and posture
- Prevent falls
- Improve mind, body, and spirit
- Reduce stress and increase relaxation

REGISTER TODAY

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