

# Tai Chi 8-Week Sessions

**Tai Chi class** will meet on **Tuesday mornings at 11:00 AM** in the Buckeye Room. The schedule for each 8-week session in the first half of 2020 is:



- January 7–February 25
- March 3–April 28
- May 5–June 30

**Benefits of Tai Chi include decreased stress, improved mood, increased energy, improved flexibility and balance.**

Cheryl Basil is tai chi instructor.

Beginners are welcome.

For details and to register, please call the Welcome Center, 513-423-1734.



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