



Harpswell Recreation and Harpswell Aging at Home present:

Tai Chi (Intermediate/Advanced)

Classes are held Wednesday for eight weeks

January 16 — March 6, 9:00—10:00 am, \$25 registration fee

Meets in the Selectmen’s room, park behind Town Office, use glass door entrance.

Tai Chi is an effective exercise to improve health and wellbeing. The program is proven to be effective in preventing falls and relieving pain for those with arthritis.

Tai Chi exercises the entire body including joints, muscles, and internal organs, and at the same time strengthens the mind. Participants will focus on improving strength, balance, and mental health. Additional benefits include:

- Relaxation
- Vitality
- Improved posture
- Immunity

This low-impact exercise is performed in slow fluid movements that are easy on the joints and can be done either sitting or standing. Participants are asked to wear comfortable, loose clothing that they can easily move in. Classes are one hour in length and meet once a week for eight weeks.

FMI: Call Harpswell Recreation, 207-833-5771 or recreation@town.harpswell.me.us

Need a ride to and from class? Call People Plus VTN, 207-729-0757 ,9 am - 2 pm, Monday – Thursday to schedule.

2019 Tai Chi

R4192 \$25 _____

Name _____ Address _____

Town _____ State _____ Zip Code _____

Phone _____ Mobile _____

Email _____

_____ I would like to participate, but am unable to pay the full fee. I can pay \$_____ toward the cost and ask for a scholarship from Harpswell Aging at Home to cover the remainder.

Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless

Each person signing below understands that participation in the Town of Harpswell (“Town”) program, activity and/or special event can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that the Town, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) occurring during or arising out of participation in any Town program, activity and/or special event. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Town program, activity and/or special event. Each person signing below hereby releases and agrees to indemnify and hold harmless the Town, HAH, and its agents, officers and employees, from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) that may arise or occur during or in connection with said program, activity and/or special event. ***Photos & videos taken may be used for local publicity, website & Facebook***

Date _____ Signature _____