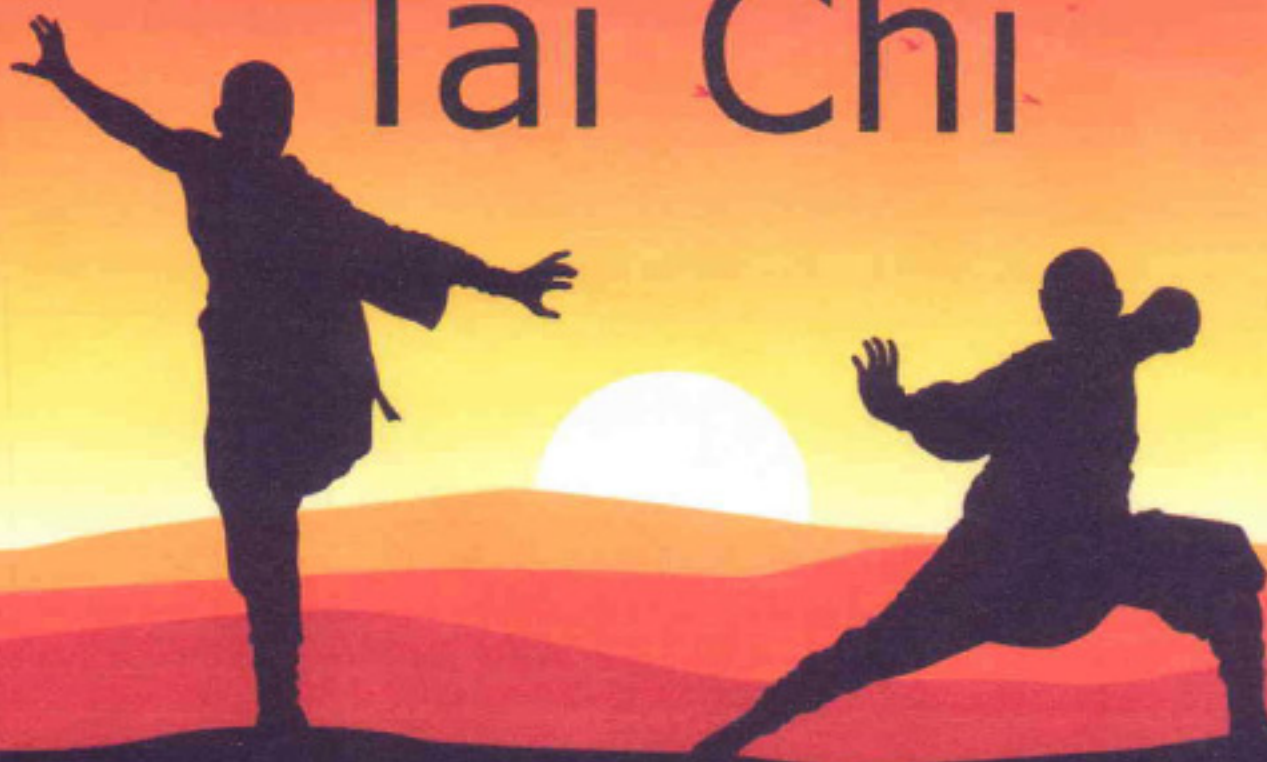


# Tai Chi



*"Tai Chi is effective in improving both static and dynamic balance, which is important to prevent falls."*

*~Ruth E. Taylor-Piliae, Ph.D., R.N*

## *Beginner Tai Chi*

**WANNA HAVE FUN?**

- ★ Burn Calories
- ★ Improve Memory
- ★ Balance & Physical Movement
- ★ Gain Confidence with 24 Tai Chi Exercise Form
- ★ Lose Yourself in the Music

**Come join Leanne with over 8 years of Tai Chi experience!**

**Sign up today: Times & dates to be arranged twice a week**

**What works for you?**

---