

Harpswell Recreation presents:



# Tai Chi @ the Town Office

Classes are Wednesdays for eight weeks  
October 3— November 28, 9:00—10:00 am, cost is \$25  
Meets in the Selectmen’s room, park behind Town Office, use glass door entrance.

This class is for the “experienced” Tai Chi group that has already completed the beginner class with Doug Wilson (October 2017).

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.

## 2018 Tai Chi @ the Town Office

R4192 \$25 \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

**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, Spectrum Generations, SMAAA 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 \_\_\_\_\_