

"Tai Chi for Arthritis"

For Seniors age **50** and over

Class is taught by certified instructor Linda Ives

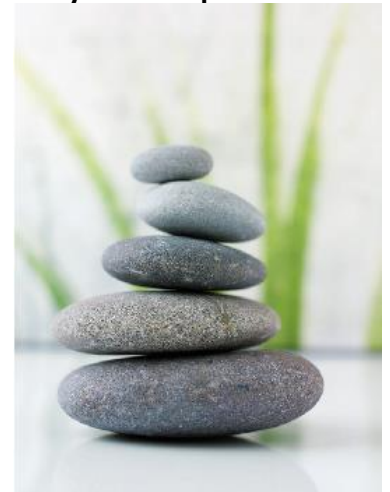
Date:	Thursdays starting September 14th , 2017 10 week class – limit 10 Sign up at desk		
Time:	10:45 am	Cost:	\$5.00 per class
Place:	Burnside Senior Center		

Tai Chi is a gentle exercise that is easy to learn, safe, effective, inexpensive and most of all a fun way to improve your quality of life.



Tai Chi improves

- Muscular Strength
 - Flexibility
 - Fitness
 - Balance
- Concentration
- Stress reduction
- Relieve pain & stiffness



•Wear comfortable clothing and shoes that tie

•Can be done seated.

Check the Burnside Facebook page for information about the center.