



New Year
New You!

TAI CHI

FREE workshop

Thursday
January 12th
10am to 11am

- Classes are \$5 per class or 5 punch card pass for \$20
- Classes will be every Thursday from 10am to 11am

Why Tai Chi?

- Improves Muscle Strength
- Helps Maintain Flexibility
- Improves Balance
- Light aerobic conditioning
- Meditation in Motion
- Tai Chi helps prevent and treats many health problems

SOAR@Dorr
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