

# TAI CHI

MEDITATION IN MOTION

THURSDAYS  
10-11 AM

\$5.00 PER CLASS OR  
\$20 PUNCH CARD FOR 5 CLASSES

CARD PURCHASE CAN BE COMBINED WITH OTHER  
EXERCISE CLASSES AT SOAR@DORR

## BENEFITS OF TAI CHI

- Slow and gentle
- Can easily be adapted for anyone
- Builds muscle strength
- Increases flexibility
- Improves Balance
- Mild aerobic conditioning
- Lowers blood pressure
- Helps with depression

COME EXPLORE THE  
POSSIBILITY OF TAI CHI

Questions? Contact Laura at Dorr Township  
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