

Boosts Energy

Promotes Deep Breathing

Fights Depression

Improves Mental Clarity

Improves Balance

Tai Chi

Relieves Pain

Strengthens Lower Body

Lowers Blood Pressure

Improves Sleep

TAI CHI BEGINNERS CLASS

COME LEARN THE BASICS OF TAI CHI

AND ALL THE HEALTH BENEFITS. (FREE TO THE PUBLIC)

THURSDAY, DECEMBER 7, 2017 @ 12:30 PM

