

TAI CHI FOR ARTHRITIS

Tai Chi Improves balance, strength and concentration. Modified moves for people unable to stand. This class is a 12-week course taught by a Certified Tai Chi Instructor. 12-Week grant is sponsored by TSA, AAA 1-C and AASA for seniors 62 and better. Cost is \$48 for 12 weeks
September 29th-December 22nd

