

# tai chi

## FOR BALANCE

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### Weekly Schedule

**Mondays: Tai Chi for Arthritis** 10:30-11:30 a.m. (Live instructor – Focuses on movements, elements and instruction to help with balance and strength. New and returning students welcome!)

**Tuesdays: Tai Chi Fundamentals** 12:30-1:30 p.m. (Live Instructor- Includes lots of instruction, history of Tai Chi, detailed instruction on elements, movements and posture. Perfect for new Students.)

**Wednesdays: Meditation or Video** 10:30-11:30 a.m.

**Thursdays: Tai Chi Practice** 12:30-1:30 p.m. (Live Instructor- Includes minimal vocal instruction and focuses on practicing the movements.)

**HOW MUCH: FREE** for Senior Center Members / \$5 for non-members. **WHY:** Tai Chi is a low-impact, relaxing form of exercise; proven to improve balance, mental capacity, calmness, and more! **WHERE:** The Lehi Senior Center.

**Questions? Visit the Senior Center or call 385-201-1065**