

tai chi

FOR BALANCE



Weekly Class on Monday Afternoons:

Tai Chi for Arthritis 12:30-1:00 p.m. (*Focuses on movements, elements and instruction to help with balance and strength. New and returning students welcome!*) Taught by April Wilkey

Video Instruction is available anytime upon request.

Workshops Available: These workshops focus on not only the movement to best meet your needs, but discussion and direction to build daily habits of health. Sign up to join a specific topic with a staff

- Tai Chi for Diabetes
- Tai Chi for Arthritis
- Tai Chi for Rehabilitation
- Tai Chi for Orientation
- Tai Chi Fundamentals

member. Taught by David Shoaf.

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