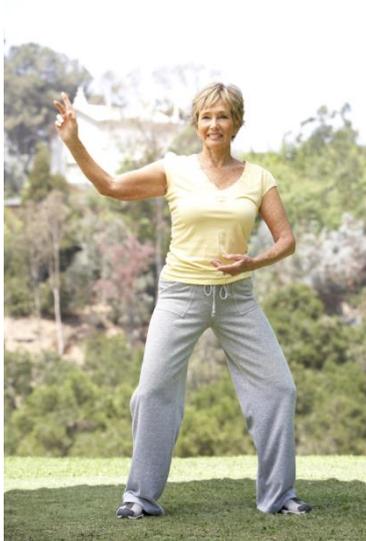


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Tai Chi

For Health Classes

Clermont Arts & Recreation



Tai Chi for Health is an evidence-based program endorsed by The Arthritis Foundation, recommended by Centers for Disease Control and Prevention (CDC) for Fall Prevention. Doctor Recommended.

Tai Chi (*Tie Chee*) is an ancient practice proven to reduce pain and improve your mental and physical well-being.

The Tai Chi for Health Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

**Monday's &
Thursday's from
10am – 11am
In the Gym**

**More info, contact: Sonya
321-303-9804
SonyaL.Dumas@gmail.com**

Are you a SilverSneakers® Member? It's FREE!

**Non-Members: 1 Class: \$8 | 5 Classes: \$35
10 Classes: \$60 (\$6 / class)**

(Class Packages do not need to be consecutive)

Sign-up and Register at Front office.

**Learn more about the benefits of
Tai Chi by visiting:
TaiChiforHealthInstitute.org
americantaichi.net**