

TAI CHI

For Health

Evidence-based Tai Chi Program
Endorsed by The Arthritis Foundation
Recommended by Centers for Disease Control
and Prevention (CDC) for Fall Prevention.

Benefits of Tai Chi:

- Reduce stress ❖ Feel relaxed
- ❖ Increase balance and flexibility ❖
- ❖ Improve your overall mind, body and spirit. ❖

WHEN: Tuesday's & Thursday's | 10am - 11am

COST: SilverSneakers® Members / FREE
Non-SilverSneakers® / \$8 per class
or \$35 / 5 classes **or** \$60 / 10 classes

WHERE: Clermont Arts & Recreation Center
In the Green Room

**Please, sign-up & sign waiver in advance
at the front desk.**



How does Tai Chi improve balance?

By targeting all the physical components needed to stay upright.-

1. Leg strength
2. Increase flexibility
3. Range of motion
4. Reflexes
5. Improve balance & posture

All of which tend to decline with age.

*This set is a great way to get started in Tai Chi.
It is suitable for men and women of any age.*

*The movements are low-impact, slow and fluid,
thus gently keeping the joints mobile.*

Instructor:

Sonya Dumas / Certified Tai Chi Instructor
in Dr. Paul Lam's Tai Chi for Health Programs.

Questions? Please contact Sonya:
321-303-9804 or
SonyaL.Dumas@gmail.com



*If you want to take part, but have concerns
about your health, consult your healthcare
provider before you begin.*