

# Tai Chi

*for Health*

## CLASSES



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

*Sun-style routines are safe,  
easy to learn and suitable for every fitness level*

**Tuesday & Thursday 10 am - 11 am**

**FREE for SilverSneakers® Members**  
**Non-Members: 1 Class: \$8 • 5 Classes: \$35**  
**10 Classes: \$60** (\$6 / class)  
*(Class Packages do not need to be consecutive)*

Register at the Clermont Arts & Recreation Center  
3700 S. Hwy. 27 • Clermont, FL 34711  
(352) 394-3500

For more information, call (321) 303-9804  
or email [SonyaL.Dumas@gmail.com](mailto:SonyaL.Dumas@gmail.com)

**Sonya Dumas is a Certified Tai Chi for Health Instructor**

