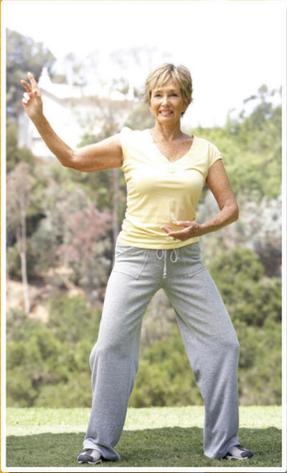


# Tai Chi

## For Health



Tai Chi for Health uses gentle, Sun-Style Tai Chi movements which are safe, easy to learn, and suitable for every fitness level.

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

**Clermont Arts & Recreation Center**  
**in the Green Room**

Please register for classes at front office

**\$8.00 / Per Class or 8 Classes for \$57.60**

There's **no cost** to SilverSneakers®  
Fitness program Members.

*(Must present SilverSneakers® ID Card to instructor.)*



## Why Tai Chi?

1. Improves balance & stability
2. Relieves physical effects of stress
3. Helps with arthritis pain
4. Enhances mental capacity & concentration

*Wear comfortable clothing & flat shoes suitable for exercise.*

**INSTRUCTOR:** Sonya Dumas / Certified Tai Chi instructor  
in Dr. Paul Lam's Tai Chi for Health Programs

**MEMBER:** American Tai Chi and Qigong Association &  
Tai Chi for Health Community



**FLEX™**  
Outside The Gym