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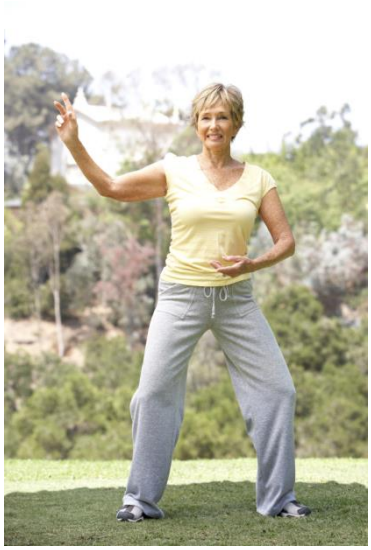

Tai Chi

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.

Tuesday'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)

Register & Pay at ARC Administration Office

Learn more about the benefits of Tai Chi by visiting:

TaiChiforHealthInstitute.org

americantaichi.net