

TAI CHI LESSONS

LED BY CAROL WATTS

EXERCISE FOR SENIORS **BETTER BALANCE,** STABILITY & INCREASED ENERGY

6 - WEEKS OF LESSONS,
MONDAYS STARTING NOVEMBER 6
10 TO 11 AM

MICHIGAMME TOWNSHIP HALL

NO CHARGE, NO EQUIPMENT NEEDED

**DRESS COMFORTABLY & BRING A
WATER BOTTLE IF YOU WISH**

**Come, try something new!
Movements are slow and gentle,
focusing on muscle control.
Shown to reduce the risk of
falling and improve mood**

