

Coming to Our Area

Tai Chi



Movement for Better Balance

Benefits of Tai Chi

- Reduce stress
- Improve Balance
- Increase Energy & Vitality
- Heighten Focus & Alertness
- Lower Blood Pressure
- Improve Circulation
- Tone & Strengthen Muscles
- Increase Mobility

Tai Chi is Functional, Modifiable

(Seated and Chair assist), & Scalable!

When:

Monday & Wednesday

3:30 pm to 4:30 pm

Starting August 22, 2016

(12 Week Program)

Where:

Nyssa Senior Center

316 Good Ave., Nyssa, OR 97913

Be sure to wear loose, comfortable clothing

Tai Chi is a fun and gentle exercise for body & mind.

COME JOIN US!!

Classes are open & free to Seniors 60 and Older

To register or for more information

Call: 541-889-7651 or Email: info@mcoacs.org

(Small donations can be made to cover facility cost)