

Tai Chi Classes

Announcing ~ Fall Session 2012

Tai Chi is an ancient Chinese exercise that can be practiced by people of any age or in any physical condition. Tai Chi is a slow and gentle movement that can help a person by improving relaxation, balance, coordination, strength, mental focus and promote better health. In particular, Tai Chi is beneficial for people who suffer from arthritis and other diseases that limit mobility. It can be practiced at the degree of each individual's comfort level. There is evidence that people who practice Tai Chi have fewer falls, report less illness and live longer.



About the Instructor: Tom Lang, will instruct this ancient Chinese exercise class. Tom has practiced Tai Chi for years. He credits his laid back attitude and calming demeanor to the practical methods that are offered through the practice of Tai Chi. Tai Chi is highly recommended to the Senior population for its soothing, slow movements.



Participants should wear comfortable clothes and shoes.

Bring a towel and water to class.



Location: Riverside Center, 800 J. F. Kennedy Dr, Bay City, 48706
North Side of the Community Center in the Veterans Memorial Park Area

Tuesday's - Starting September 11, 2012

10:30 - 11:45 a.m.

Fee: Drop in Basis: \$3.00



Choice of Entree, Salad or Sandwich available for suggested donation of:

\$2.50 (60 yrs plus)

Fee of \$4.75 (59 & under)

Reservations must be made a day in advance by contact Sandy at (989) 893-7070 to order a meal or to request transportation to the Site.

Release and Waiver of Liability Form must be signed and on file...See Sandy for more details.