



# TAI CHI

On the  
HART COMMONS

Improve your flexibility, balance, strength and mental peace using a form of meditation exercise, characterized by methodically slow movements. Classes are open to anyone, adults, seniors, and children.

\*Sponsored by Senior Resources

**Dates: July 6 through August 31, 2017**

**TUESDAYS & THURSDAYS**

**7:30am - 8:30 am**

**231-873-3577**

**NO COST TO ATTEND.**



[www.LakesideRehab.com](http://www.LakesideRehab.com)

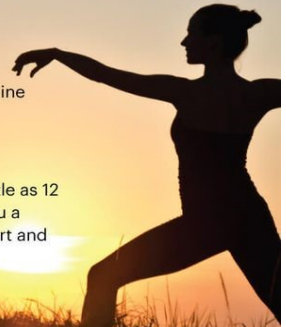
## THE POWER OF **TAI CHI**

### What Is Tai Chi?

Tai chi is a mind-body exercise that combines principles of martial arts, controlled breathing, traditional Chinese medicine & Eastern philosophies.

### Harvard says:

Regular practice for as little as 12 weeks could help give you a "healthy body, strong heart and sharp mind."



## **6 BENEFITS** OF TAI CHI

- 1** Increase Flexibility 
- 2** Helps Improve & Maintain Balance 
- 3** Improves Muscle Strength & Conditioning 
- 4** Helps Boost Heart Health 
- 5** Lowers Stress, Anxiety & Depression 
- 6** Helps Improve Focus 

## TIPS FOR TAI CHI **BEGINNERS**

Please register for Tai Chi by calling Lakeside Family Fitness at **231-873-3566**.

Thank you!