

OUTDOOR TAI CHI AT LAWRENCE SENIOR CENTER *(PARKING LOT)*

**Tai Chi Classes Offered
For Lawrence Twp Seniors 60 And Older**

7 Week Session: \$21.00
(Pre-registration Required-Class Size Limited)

Class Dates:

Mondays, May 10, 17, 24,
June 7, 14, 21 & 28

Glenn Swann—Instructor

Time: 11:00 am—12:00 pm

Improve lower body and arm strength
low impact - slow motion exercise, circular motion,
improves balance, reduces risk of falling
Learn relaxation and stress reduction techniques
And much more.....



Social Distancing Will Be Followed
Face Masks Will Be Required When Social Distancing
Cannot Be Followed.
Health Questionnaire And Temperature Checks Will Be
Required Before Each Class.

30 East Darrah Lane
Please Call 609-844-7048 To Register

