



TAI CHI for HEALTH and FALL PREVENTION

Classes Start 15 September 2016



Tai Chi Exercise Program

Would You Like To Learn A Low Impact Exercise To Improve Your Overall Health And Well-Being?

Tai Chi is a gentle exercise perfect for anyone seeking a mild but effective program that addresses physical, mental and emotional well being. Participants can choose to stand or sit during the class.

Participants of the Tai Chi program report:

- Greater balance, flexibility, strength, and a sense of well-being
- Improvement in pain, fatigue, stiffness, and stress relief
- Significant benefits for individuals with all types of arthritis, including fibromyalgia, rheumatoid arthritis, and osteoarthritis

Beginners welcome! No prior knowledge of Tai Chi is necessary.

Where: ST. MARY PARISH, Parish Hall, COLTS NECK, N.J. 07722

When: Thursdays

**Time: 10:00 to 11:00 am (Beginner); 11:00 to 12 Noon (Intermediate)
7:30 to 8:30 pm (Evening Session)**

All classes are taught by BARBARA SCHAFLIN, a certified Tai Chi for Arthritis and Fall Prevention instructor and member of the Tai Chi for Health Institute.

For additional information and application contact:

Barbara Schaflin: 908-415-7072; e-mail: BarbaraSchaflin10@verizon.net