

Monday & Friday

Tai Chi, Online Zoom Class
Instructor: Ken, YMCA

Time: 12:00 p.m. to 1:00 p.m.
Starts January 4, 2021

TAI CHI

Exercise

Tai Chi is an ancient martial art practiced primarily for its health benefits. Tai Chi's focus is on slow, fluid movements with the goal of improving flexibility, balance and core strength with the added benefits of fall prevention and reduction of stress. Scientific studies show that Tai Chi helps with chronic conditions such as arthritis, heart disease and diabetes.



Pre-Register & Get Your Zoom Meeting ID by calling: 768-8691 or email LMead@mijackson.org
No Internet? No Problem!
Call in and listen via phone.



Department on Aging

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