

Arthritis Foundation Tai Chi

Join us at the
Maplewood Senior Center
Every Wednesday
12:00pm - 1:00pm

*** Classes resume January 27, 2021 ***

Suggested donation of \$2.00 per class

First class is FREE

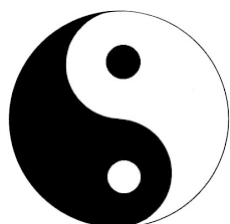
Tai Chi's slow, graceful movements can improve balance, reduce stress, and offer arthritis pain relief.

The study of Tai Chi involves 3 aspects:

Health - Concentrates on relieving the physical effects of stress on the body and mind

Meditation - Fosters focus and calmness

Martial Art - Promotes self-defense



Balance
Tranquility
Strength



For more information please call the Senior Activities Office (734) 793-1870
The Maplewood Senior Center is located at 31735 Maplewood, Garden City, MI 48135