

JOIN US FOR



Celebrating Seniors



Tai Chi

ABOUT TAI CHI:

Tai Chi is a graceful, non-aggressive martial art that helps improve balance, increase flexibility, and improve muscle strength. Each movement builds on the previous to create a smooth, even continuous form.

PROVEN TO:

- ♦ improve balance
- ♦ reduce falls
- ♦ gain strength
- ♦ increase flexibility
- ♦ reduce pain
- ♦ improve mental well-being



LOCATION:

Saranac Public Library
61 N. Bridge St.
Saranac MI 48881

SCHEDULE:

Thursdays
1:00 pm - 1:45 pm

COST: Suggested Donation of \$2 per class

REGISTRATION REQUIRED

For more information, call Ionia County COA
(616) 527-5365 or email ryenchar@ioniacounty.org

A program of the Area Agency on Aging of Western Michigan and the Ionia County Commission on Aging