

TAI CHI for Seniors

The slow, dance-like speed of Tai Chi creates balance, flexibility and calmness. This class addresses special health concerns associated with aging. Self-massage and acupressure techniques are included.

Learn Tai Chi for Arthritis

-Tai Chi for Arthritis is an enjoyable exercise that can relieve your pain, improve your health and your balance. It is easy to learn, and can be performed standing or seated.



Tai Chi for Seniors (55+)

6 Week Sessions

Maryland Heights Community Centre
2344 McKelvey Road • Maryland Heights, MO

Fridays 10:00 - 11:00 a.m.

\$39/resident \$44/non-resident

CALL 314-738-2599 to register