


# TAI CHI

at the  
Parkesburg Free Library

Thursdays 5:15 - 6:15pm

6-week session: 8/8 - 9/19

No class August 15<sup>th</sup>



Christine Hanning, certified Tai Chi, Qigong, and Chair Yoga Instructor, is holding **Tai Chi for Arthritis & Fall Prevention** classes at Parkesburg Free Library, an evidence-based program based on the Sun style of Tai Chi designed by Dr. Paul Lam and his team of medical and Tai Chi experts.

This program is safe and effective for people who want to reduce their risk of falling, strengthen muscles, and improve flexibility, and provides health benefits to improve almost anyone's quality of life.

Time: 5:15 – 6:15pm

Dates: **6-Week Session:** held on the following Thursdays:

- August 8<sup>th</sup> – 22<sup>nd</sup> – 29<sup>th</sup>
- September 5<sup>th</sup> – 12<sup>th</sup> – 19<sup>th</sup>

Cost: 6-week session is \$100.00 up front or \$20.00 per class to drop in. Cash, PayPal, or check to Christine Hanning. Bring payment to class.

**Sign up at the circulation desk!**