

Tai Chi for Better Balance

Also Resistance Bands

August 15 thru September 21

Tuesday and Thursday

9am to 10am

Sign up by: calling, going on line or in person at

El Reno Carnegie Library

215 E WADE

(405) 262-2409

www.elrenolibrary.okpls.org

<http://www.facebook.com/ElRenoCarnegieLibrary>

Designed for all levels of health. No matter how strong and flexible you are this is for you.

Teresa Carey, Instructor (Trained through Oklahoma Healthy Aging Initiative)

What is Tai Chi?

Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. (Source: www.mayoclinic.org)

