

FREE
FOR
INDIVIDUALS
AGE 60 AND
OVER!!

TAI CHI FOR ARTHRITIS ADVANCED CLASS

Wednesdays at 11:00 a.m.

(Beginning October 17, 2018)

First Presbyterian Church

601 Walnut Street in Hollidaysburg

This gentle Tai Chi practice is best for seniors who have taken our Tai Chi classes before and would like to learn more movements. The movements are gentle and slow but still effective exercise for those with Arthritis, as well as those without.

To register or for more information,
please call Aubrey Lidwell at 814-946-1235.

Join the journey to better health

