



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PREVENT FALLS INCREASE BALANCE REDUCE STRESS

## TAI CHI FOR ARTHRITIS & FALL PREVENTION 8-Week Session

**SUMMER SESSION: July 16—September 3**

**FALL SESSION: September 24–November 3**

**IRONWORKS BRANCH**

Tai Chi is a centuries-old Chinese martial art that descends from qigong, an ancient Chinese discipline that has its roots in traditional Chinese medicine. Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This class has both physical and mental benefits. If done regularly, it improves muscle tone, flexibility, balance, and coordination. Many older people find that it boosts their energy, stamina, agility, sharpens their reflexes, and gives an overall sense of well-being.



Nancy Mayhew will instruct this 8-week session. **Registration is required!** Sign up today: online or at the front desk. Any questions, please contact Ashley Hoverson at [ahoverson@statelineymca.org](mailto:ahoverson@statelineymca.org). Class will be held in the Multi-Purpose Room for the 9:30 class and the 10:30 class will be in the KF Multi-Purpose Room.

**Beginner Tai Chi: Fridays 9:30–10:30 AM**  
**Intermediate Tai Chi: Fridays 10:30–11:30 AM**

**Members: \$30**  
**Community: \$48**