



**DISCOVER  
THE BENEFITS  
OF TAI CHI**

**BETTER BALANCE  
MORE STRENGTH  
FLEXIBILITY  
REDUCED STRESS**

**HAVE FUN AND  
MAKE FRIENDS!**

**ANYONE OF ANY  
AGE CAN LEARN!**

**WEAR COMFORTABLE  
CLOTHES AND  
SUPPORTIVE SHOES**

**TAI CHI FOR  
BALANCE & HEALTH**

**HENDERSON CO. PARKS & REC**

**BEGINS 8/7**

**BEGINNERS: 7 FOUNDATIONAL POSTURES**

(MON, 9:30AM, ACTIVITIES & ATHLETICS BLDG, S GROVE ST)

**INTERMEDIATE: 24 YANG FORM**

(MON, 10:30AM, ACTIVITIES & ATHLETICS BLDG, S GROVE ST)

**BEGINS 9/7**

**BEGINNERS: TAI CHI FOR ARTHRITIS &**

**FALL PREVENTION** (Thurs, 1:30pm, EDNEYVILLE  
COMMUNITY CENTER, IDA ROGERS DR)

**\$80 for 8-week Series**



**JANA WEED**

TAI CHI FOR HEALTH  
CERTIFIED INSTRUCTOR

**(828) 329-9022**

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