

Daytime Tai Chi at Center for Progressive Therapies – Seeking interested students

The ancient Chinese art of Tai Chi has been found to reduce stress, increase flexibility, reduce blood pressure and pain associated with arthritis, increase bone density, improve balance, reduce falls and more. The slow motion movement, inner focus and health benefits make this an ideal, low impact, health enhancing exercise for people of all ages. You've heard about it before, now's the time to come join us and find out what this worldwide health and fitness phenomenon is all about.

We are seeking interested students, beginners welcome, for Noontime Tai Chi classes, Tuesdays, starting in January/February 2011. 8 weeks of classes will be \$72 (\$64 for age 65 or over). A minimum class size is required.

If you're available daytime, this will be the class for you. Working at home? Come do tai chi on your lunch hour!



Contact: George Hoffman, Director, Silver Dragon Tai Chi & Qi Gong, LLC. 860-742-5892 or visit: www.silverdragontaichi.com for more information.

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