



TAI CHI FOR HEALTH

**CLASS BEGINS ON FRIDAY,
JANUARY 20TH THROUGH
MARCH 17TH FOR 8 WEEKS.**

Location: Grand Valley Recreational Center in
Battlement Mesa

Time: 10:45 am to 11:45 am

Fee: \$39.00

Call Debby at 945-9191 ext. 3084 to sign up for
the class.

Class taught by Jennifer Holton and Jean Bernard
Maye

Feel Better

**Reduce Pain and
Stiffness**

**Reduce Stress
and Depression**

**Improve
Circulation, Heart
and Lung Function**

**Improve Muscle
Strength and
Stamina**

**IMPROVE
CONCENTRATION AND
MEMORY**

**IMPROVE POSTURE
INCREASE BODY
AWARENESS**