



TAI CHI FOR HEALTH

**CLASS BEGINS ON MONDAY,
JANUARY 16TH THROUGH
MARCH 13TH FOR 8 WEEKS.**

Location: Grand Valley Recreational Center in
Battlement Mesa

Time: 6 pm -7 pm

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**