



TAI CHI FOR HEALTH

**ONGOING CLASS BEGINS ON
FRIDAY, JANUARY 13TH FOR
ANYONE WHO HAS COMPLETED
TAI CHI I OR II**

Location: All Saints Church in Battlement Mesa

Time: 9 am to 10 am

Fee: \$30.00 for 9 classes

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**