



BEGINNING TAI CHI FOR ARTHRITIS

Class begins on Wednesday,
March 22 through May 22, 2017
for 8 weeks.

Location: Silt Fire Station
611 Main Street

Time: 1:00 pm to 2:00 pm

Fee: \$10.00 for the class if you
completed 5 out of the 8
classes you will get your
money back.

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

Classes taught by Laura Goodwin

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

