



## BEGINNING TAI CHI FOR ARTHRITIS

Class begins on Wednesday,  
January 25 through March 15,  
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

