

TAI CHI II FOR ARTHRITIS

Class begins on Monday,
November 4th and
goes through Monday,
December 16th for 6 weeks.

Location: Grand River Recreation
Center 398 Arroyo Dr.
Parachute, CO 81635

Time: 10:45 am to 11:45 am

Fee: \$30.00 for the class .

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

classes taught by Jennifer Holton

Free Tai Chi Demo December 16 10am-11am at GVRC

Class first, certificate ceremony next, followed by
Christmas potluck. Bring a sweet or savory dish to share.
More details to follow later as to where we will eat.

Time: December 16, 11 am

Place: GVRC

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

