

TAI CHI

at the
Parkesburg Free Library

Thursdays 5:15 - 6:15pm

6-week session: 8/8 - 9/19

No class August 15th



Christine Hanning, certified Tai Chi, Qigong, and Chair Yoga Instructor, is holding **Tai Chi for Arthritis & Fall Prevention** classes at Parkesburg Free Library in collaboration with Fountain Springs Wellness Spa. This is an evidence-based program based on the Sun style of Tai Chi designed by Dr. Paul Lam and his team of medical and Tai Chi experts.

This program is safe and effective for people who want to reduce their risk of falling, strengthen muscles, and improve flexibility, and provides health benefits to improve almost anyone's quality of life.

Location: Parkesburg Free Library (please use side door to enter)

Time: 5:15 – 6:15pm

Dates: **6-Week Session:** held on the following Thursdays:

- August 8th – 22nd – 29th
- September 5th – 12th – 19th

Cost: 6-week session is \$100.00 up front or \$20.00 per class to drop in. Cash, PayPal, or check to Christine Hanning. Bring payment to class.

Sign up at the circulation desk!