

WARREN PARKS & RECREATION

VNA Northwest



"Tai Chi for Better Balance"

Starts April 3 at Warren Community Center
10:30 am – 11:30 am

This is a six session program that meets on Tuesdays starting April 3rd from 10:30AM—11:30AM. Class dates include: April 3, 10, 17, 24 and May 1 and May 8. These classes are designed based on the Tai Chi principle and will include warm-ups, Tai Chi movements and discussion. Based on ancient Chinese, Tai Chi uses gentle flowing motions to strengthen the body, relax the mind and reduce the risk of falls. CLASSES are **FREE!** Must register with Parks & Rec at 860-868-7881 ext. 113

Activity: Tai Chi - COST: - NO FEE

Name _____

Mailing Address _____

Town _____, State _____ ZIP _____

Email address _____ @ _____ . _____

Phone (_____) _____ - _____ Cell phone (_____) _____ - _____

Terms: We respectfully must request that you SEND OR DELIVER YOUR REGISTRATION FORM AS SOON AS POSSIBLE, to Warren Parks & Recreation, 50 Cemetery Road, Warren, CT 06754.