



Joy thru Movement:

T'AI CHI CHIH®

Tuesdays

Starts February 6th

9:30AM

Country Lakes Clubhouse

69 Tensaw Drive Browns Mills

T'ai Chi Chih is a gentle, moving, meditation that is taught standing or seated.

Benefits:

- Helps increase immunity
- Aids improving sleep quality
- Improvement in Balance
- Helps lower High Blood Pressure
- May decrease symptoms of depression

Register NOW:

609-752-1048

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