

Tai Chi for HEALTH

TIME/DAY CHANGES STARTING IN APRIL!

Monday & Friday @ 10am (Splash Pad Building)



Members \$35 a month (8 classes)

or \$65 for 2 months (16 classes)

Non-Members \$56 a month (8 classes)

Or \$100 for 2 months (16 classes)

“An ancient Chinese exercise offers arthritis relief through slow, gentle movement” says Mary Jo DiLonardo (Arthritis Foundation)

“A study released by researchers at Tufts Medical Center in Boston, Mass., found that Tai Chi can specifically reduce the pain and physical impairment of all people with severe knee osteroarthritis.” (Arthritis Foundation)

Splash Park Building @ Valdese Recreation

For more info, call 828-879-2144