



Tai Chi

For Better Balance

Tai Chi is a form of exercise involving a series of movements performed in a slow, focused manner, accompanied by deep breathing. It has been shown to:

- Improve flexibility and balance.
- Decrease joint pain.
- Reduce the risk of falling.
- Lower blood pressure.

Free*
for
Ages 60+

*\$50 deposit refunded upon class completion.

\$245 Value!

For Persons under age 60:

\$245

OR

\$50 when you register with a friend age 60+

*To receive deposit refund: Participants must attend 75% of the classes.

14-week program

Please call to inquire about the next class or to indicate your interest.

Classes must have at least 8 participants age 60+.

Reserve Your Spot Today! Call (402) 375-2200



Northeast Nebraska Public Health Department

215 N Pearl St. Wayne, NE 68787

(402) 375-2200 – www.NNPHD.org

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