

## Tai Chi for Health



Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. This gentle exercise also increases flexibility, muscular strength and fitness. Additional advantages include promotion of a corrected posture, integrating the body & mind and improving you Qi (the life force energy that governs all body functions essential to health and vitality.)

**WHEN:** Monday, November 26, 2018 –  
Monday, February 26, 2019  
10:00 – 11:00 a.m.  
(10 week session, \$10 per class)

**WHERE:** Alliance on Aging  
247 Main Street  
Salinas 93901

To register call 831.655.1334 or 831.758.4011