

## 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, October 9 – December 11, 2017  
10:00 – 11:00 a.m.  
(Continuing for 10 weeks)

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

Contact at 831.655.1334 or 831.758.4011 to register.