

Improve your Balance, Strength, Agility & Coordination

# Tai Chi

Join instructor Hildegard Neumann as she teaches the art of Tai Chi. Tai Chi provides excellent health benefits including stress reduction, increased blood and energy, circulation, greater flexibility and balance

*Gentle  
as a  
breeze,  
calm as  
a clam.*

*Must be 55 & up*

*Free - No Charge*

**BEGINNERS - THURSDAY**  
**INTERMEDIATE - WEDNESDAY**  
**ADVANCED - MONDAY**

10:45 a.m. - 11:30 a.m.

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Berwyn Senior Recreation Center  
26155 Richardson  
313-791-3550

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