



Tai Chi For Beginners

DATEs:

August 10—October 14,
2021 (No class Aug 26 or
Sept 30)

Tuesdays and Thursdays
9—10 a.m.

LOCATION:

SCC Community
Mental Health main
building
3111 Electric Avenue
Port Huron, MI, 48060

COST: Free

To register contact:

Jacqui Rabine
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(810)989-6935

Presenter:

Jacqui Rabine
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PROGRAM SUMMARY: Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention.

- Increases strength
- Increases balance and posture
- Prevents falls
- Improves mind, body, and spirit
- Reduces stress and increase relaxation

Modifications will be provided for those who want to attend seated or standing.

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