

## **TAI CHI CLASS**

**Presented by the Village of Elwood**

**Sign up today for this low impact workout that is quickly becoming one of the most popular exercises in the world. Tai Chi can be beneficial for people of all ages and is simple to perform. It's slow and relaxed movements incorporate breathing and relaxed techniques that cleanse your mind, body and emotions each time you go through the gentle movements. You'll also reduce stress, increase balance, while healing your body.**

<b>AGE:</b>	<b>18 Years and Older</b>
<b>LOCATION:</b>	<b>Elwood Village Hall Community Room</b>
<b>DAY:</b>	<b>Mondays (11:00 am – 12:00 pm)</b>
<b>COST:</b>	<b>\$40.00 (6 Week Session)</b>
<b>SIGN-UP AT:</b>	<b>Elwood Village Hall (401 E. Mississippi Avenue)</b>
<b>DATES:</b>	<b>Feb. 1 - March 18</b>