



Tai Chi

Tai Chi is an ancient Chinese exercise that combines relaxed, fluid movement with a calm, alert mental state. It is a non-impact exercise that builds endurance and enhances flexibility, balance and coordination. Tai Chi can be practiced by most people of all ages and most physical conditions. Regular practice helps develop healthy breathing patterns and relaxation skills, while also strengthening the body with minimal stress to the joints, and improving coordination and strength. Classes are offered 1 or 2 times per week for an hour.

*Scholarships are available to those in financial need.

Location	Dates/Time	
Marshfield Senior Community Center Cost: \$3/class Instructor: Marcia Lindow	January 10 th -March 1 st T & Th 10:15-11:15 AM <u>*No class Jan. 24th & Feb. 28th</u>	Call the ADRC-CW for more information or just drop-in & try it! 1-888-486-9545
Wausau Aging & Disability Resource Center- Wellness Room Cost: \$3/class or \$15 for 3-week mini session Instructor: Lee Koch	January 12 th -March 1 st Thursdays 10:30-11:30 AM	Call the ADRC-CW to reserve your spot! 715-261-6070.



Arthritis Foundation
Tai Chi ProgramSM



The Arthritis Foundation Tai Chi Program is designed to improve the quality of life for people with arthritis using the Sun style tai chi, one of the four major recognized styles. Developed in ancient China as a self-defense art, tai chi evolved through the centuries into a slow-paced, graceful, low-impact form of exercise. The Sun style includes agile steps and exercises that may improve mobility, breathing, and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn. While the program is a fun, safe way for people with arthritis to stay fit, it should not

replace treatment prescribed by a doctor or physical therapist. *Scholarships are available to those in financial need.

Location	Dates/Time	
Nekoosa Community Center Cost: \$3/class or \$57 for 10 weeks Instructor: Joyce Aiello	January 3 rd -March 8 th T & Th 11:15 AM-Noon	Call the ADRC-CW for more information or just drop-in & try it! 1-888-486-9545
Merrill Area Community Enrichment Center	Ongoing beginning January 9 th Mondays 9:15-10:00 AM	For more information, call 715-536-4226

For more information about Tai Chi, class schedule, and fees, call 1 (888) 486-9545

Class schedule may change. Please call prior to joining a class!

Cancellation Policy: If local schools are closed due to inclement weather, classes will automatically be cancelled.