



SEATED TAI CHI FOR ARTHRITIS

A HEALTH AND WELLNESS PROGRAM

AT

**THE MOUNTAIN SENIOR CENTER
LOCATED AT THE MOUNTAIN CENTER, 354 MEMORIAL
BLVD,
TOBYHANNA, PA**

10:30 AM -- 11:15 AM

THURSDAYS

8/5, 8/12, 8/19, 8/26, 9/2, 9/9, 9/16, 9/23, 9/30

Seated Tai Chi, adapted from Dr. Paul Lam's Tai Chi for Arthritis, was designed to enhance flexibility, muscle tone, and fitness. It incorporates the essential principles of Tai Chi with an emphasis on breathing, posture, and space awareness, with the added benefit of stress reduction.

REGISTRATION IS REQUIRED. CLASS SIZE IS LIMITED TO 16.

PLEASE CALL 570-420-3746