

Tai Chi Class for Beginners



Most of us know that Tai Chi is recommended as an excellent exercise for older people. It improves balance, strength and bone density, it calms mind and body, and it eases aches and pains. Our Tai Chi Level 1 class begins anew this month, at the beginning of the “form”. Each week, our teacher will help students integrate basic principles of relaxation and body alignment with the movements of the Wu Style Tai Chi Short Form. Cost: \$3.00 per class.” This program is for seniors 60+.”

**Every Wednesday
11:00 AM - 12:00 PM**

**Citywide Senior Center
806 Massachusetts Ave
Cambridge
617-349-6060**