



TAI CHI

FOR ARTHRITIS & FALLS PREVENTION

MEMORIAL PARK - 1175 APPLEBLOSSOM DR. NEENAH
GEORGE SCHERCK SHELTER

TUES & THURS, MARCH 21 - APRIL 27

BEGINNER: 10:00 - 11:00 AM

INTERMEDIATE: 11:15 AM - 12:15 PM

Class fee: \$20

**Focusing on improving
stability, strength
and mental health.**

Reduce falls and fear of falling.

Enhance balance and mobility.

Gain serenity through gentle, flowing
poses and movements.

**LEARN TAI CHI
POSES IN A BASIC
BEGINNER CLASS**



Register with the
Neenah Park and Rec
Call: 920-886-6060



Public Health
Prevent. Promote. Protect.
**Winnebago County
Health Department**