

SOMERSET RECREATION PRESENTS:

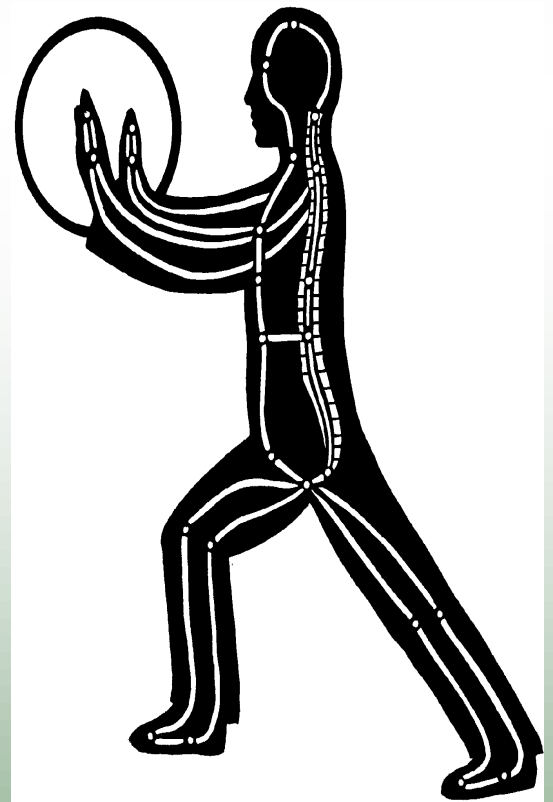


TAI-CHI

Fall 2017

Tai-chi is a slow moving Chinese exercise. Studies have shown that practicing tai-chi helps increase balance, concentration and relaxation.

Ages: 16-Adult
Cost: \$10.00 for 6 Classes
Day: Mondays
Time: 6:30 PM—8:00 PM
**Dates: September 18 -
October 30th**
Location: North Elementary
Instructor: Ted Dempsey



Register for this class at Somerset Recreation

140 Wood St. Somerset, MA 02726 508-646-2808