

SOMERSET RECREATION PRESENTS:

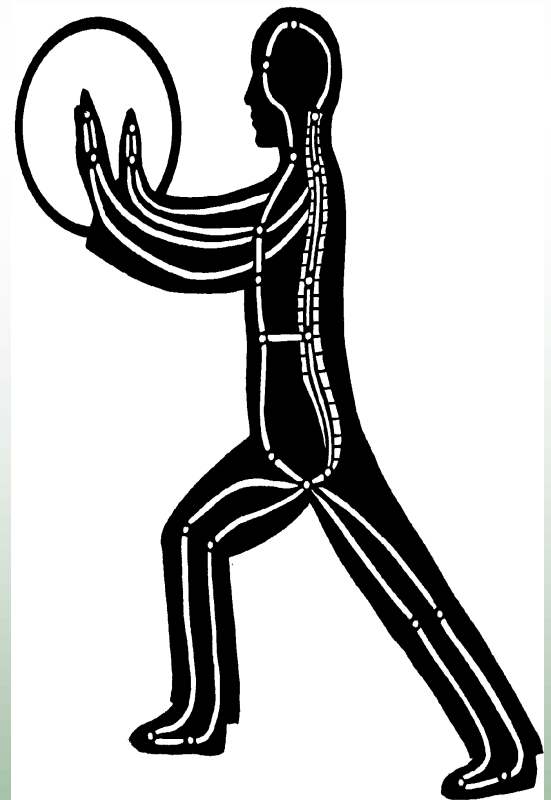


TAI-CHI

Fall 2018

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: \$20:00 for 6 Classes
Day: Wednesday
Time: 6:30 PM—8:00 PM
**Dates: September 19 -
October 24th**
Location: Old Town Hall
Instructor: Ted Dempsey



Register for this class at Somerset Recreation

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