

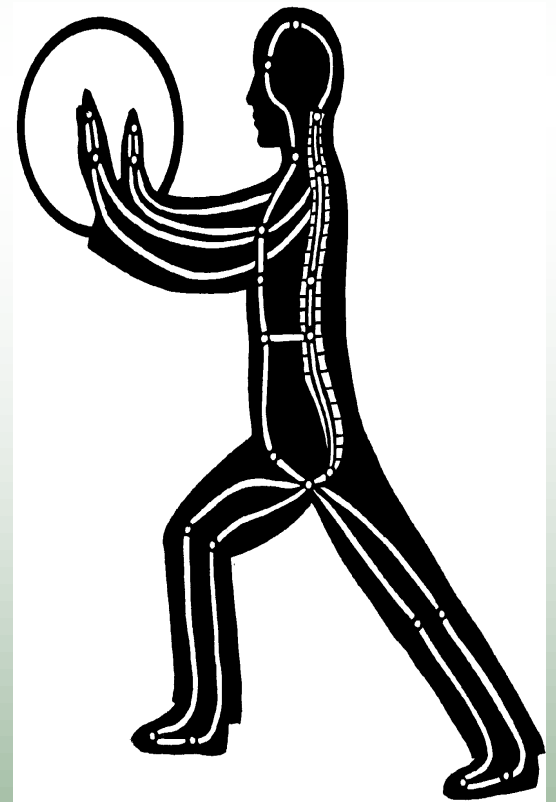
SOMERSET RECREATION PRESENTS:



TAI-CHI Fall 2019

Tai Chi is a slow moving Chinese exercise. Studies have shown that practicing Tai Chi helps balance, concentration and relaxation.

Ages: 16-Adult
Cost: \$20:00 for 6 Classes
Day: Wednesday
Time: 6:30 PM—8:00 PM
Dates: September 18 -
October 23
Location: Old Town Hall
Instructor: Ted Dempsey



Register for this class at Somerset Recreation
140 Wood St. Somerset, MA 02726 508-646-2808