

Low Impact Exercise

Tai Chi: Moving for Better Balance

**Tai Chi benefits include:**

- Better balance to prevent falls
- Increased strength
- Fitness
- Stress resistance
- Improved health

Tai Chi is an ancient Chinese form of exercise using slow, rhythmic movements combined with natural breathing.

Class includes 8 movements that are easy & fun for beginners.

When: Tuesdays & Fridays, 5:30-6:20 PM
January 26 – March 5, 2010

Where: Chadron United Methodist Church Narthex, 9th & Shelton

Cost: \$12

Equipment: Wear comfortable clothes and soft flexible shoes

Register by calling UNL Extension at 432-3373 or email jgoffena2@unl.edu.

For a preview of what Tai Chi is like see the UNL Extension booth at the Lifespan Wellness Fair January 21 at Chadron State College Student Center anytime between 3:00-7:30 PM.