



Tai Chi

Wednesdays from 6 pm-7 pm March 27-May 1

in the Larry P. Fleschner Memorial Classroom at
The Maple Center 1801 N 6th Street, Terre Haute

Cost \$30 for the 6 class series, scholarships available.

Register at www.themaplecenter.org

Tai Chi is a low impact form of exercise that involves a series of slow, focused movements, accompanied by deep breathing. It is a self-paced, gentle form of physical exercise and stretching.

Classes led by certified instructor Steve Walden, PTA

According to the Mayo Clinic benefits of Tai Chi may include:

Decreased stress, anxiety and depression

Improved mood

Improved aerobic capacity

Increased energy and stamina

Improved flexibility, balance and agility

Improved muscle strength and definition



The Maple Center
For Integrative Health



Larry P. Fleschner
Memorial Classroom