

Breckenridge Senior Citizens Center

225 South 5th St, Breckenridge
(218)643-5730



Tai Ji Quan Beginner Classes

Tai chi for seniors **improves safety and health**. Tai chi is a gentle exercise that helps seniors improve balance and prevent falls. It consists of making slow, graceful movements while breathing deeply. Studies have found that tai chi also improves leg strength, cardiovascular endurance, flexibility, immune system, sleep, happiness, sense of self-worth, and the ability to concentrate and multitask during cognitive tests.

April 4—June 22, 2023

**Tuesdays and Thursdays for 12 weeks
from 10:00 - 11 :00 A.M.**

Sign Up by Calling Harlan at (218)643-5730

This is a free class, the only thing we ask is that you are committed to the class. We would expect for you to be at as many sessions as possible.