

# 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.

**May 3rd - July 28**

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

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