

Therapeutic Tai Chi



Join us for a six-week beginner Tai Chi Series

Tai chi is a calming exercise for persons of all ages and abilities. It enhances relaxation, focus, posture, balance, strength, coordination, immune response, mood and can be easily adapted for anyone.

Regular classes will be held every Tuesday from 10:00am - 10:45am

Seated classes will be held every Tuesday from 11:00am - 11:45am

Starting Sept 10th through Oct. 29th

Cost: \$30 for the six-week series

Location: Yoga Studio

Registration required by contacting Deborah Kaplan
(248) 325-3194 or dkaplan1@hfhs.org



**HENRY FORD
WEST BLOOMFIELD HOSPITAL**