

# Learn “Tai Chi”

for Arthritis Relief &  
Overall Well Being

*Classes are Free!*



**October 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>**

**Intermediate Tai Chi**  
**Mondays - 2:00 to 3:00 p.m.**

**Beginner Tai Chi**  
**Mondays - 3:00 to 4:00 p.m.**

If you're looking for a gentle way to relieve arthritis pain, increase flexibility & balance, and reduce stress, consider joining our **Tai Chi** (TIE-CHEE) classes. Angelita Bedard, who has taught tai chi for ten years, will conduct these free classes at the library in the Cumberland Meeting Room on Mondays.

Tai chi is an ancient Chinese tradition that, now-a-days, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Participants will need to come dressed in loose fitting clothing. Limited registration – please call Wayne @ 484-6790 ext. 240 or e-mail:

**[w.schobel@artcirclelibrary.info](mailto:w.schobel@artcirclelibrary.info)**

**Please Note:**

Although tai chi is generally safe, women who are pregnant or people with joint problems, back pain, fractures, severe osteoporosis or a hernia should consult their health care provider before trying tai chi. Modification or avoidance of certain postures may be recommended.