

Now available at the IronOaks Fitness Center

# Tai Chi

## ***Benefits of Tai Chi for Seniors***

- Relieves physical effects of stress
- Promotes deep breathing
- Reduces bone loss in menopausal women
- Improves lower body and leg strength
- Helps with arthritis pain
- Reduces blood pressure
- Requires mind and body integration through mental imagery
- Accumulates energy by releasing endorphins rather than depleting it
- Enhances mental capacity and concentration
- Improves balance and stability by strengthening ankles and knees
- Promotes faster recovery from strokes and heart attacks
- Improves conditions of Alzheimers, Multiple Sclerosis and Parkinson's

***Join us in June for our new Beginning Tai Chi classes taught by Pam Barker on:***

Monday	10:00 - 10:30am
Tuesday	11:30 - 12:00 noon
Thursday	11:00 - 11:30am

