

Somerville Council on Aging

# Tai Chi

**Fridays at 10:00 am, April 21<sup>st</sup> & 28<sup>th</sup>**

*Continuing May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>*

Holland St. Center: 167 Holland Street



**Lead by: Tarsha Bethel-Stacke**

Tai Chi is a traditional practice focused on coordinated movements, breathing and meditation. Stemming from Chinese medicine, philosophy and martial arts, Tai Chi is correlated to improved balance, strength, and mental wellbeing. All levels are welcome!

*For more information call Phelan at 617-625-6600 ext. 2315  
or email at [phowell@somervillema.gov](mailto:phowell@somervillema.gov)*