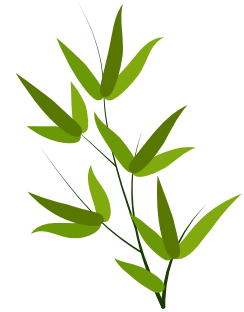




Tai Chi



Tai chi is a practice that uses slow, gentle movements and postures to help improve mindfulness, balance, and ease of motion. It originated as an ancient martial art from China and promotes wellness and rehabilitation. This mind-body exercise incorporates breathing techniques with fluid motion and a meditative state to boost positive energy overall.

**Three week series on July 7th, 14th, and 21st at 1:00pm
at the Holland Street Center**

For more information and to register
contact Michelle at 617-625-6600 x2315



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.

The City of Somerville can provide you with an interpreter in your language for free.

To request an interpreter, please contact us at languageaccess@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.