



# Tai Chi

IN THE PARK!



**HODGKINS—CURTIN PARK**

**STARTING SEPTEMBER 11<sup>TH</sup>, 2017**

**(SEPTEMBER 11<sup>TH</sup>, 18<sup>TH</sup> AND 25<sup>TH</sup>)**

**JOIN US ON MONDAY MORNINGS!**

**A GOOD WAY TO START THE DAY!**

**THIS IS A CLASS FOR ALL LEVELS.**

- ✓ Easy-to-follow program.
- ✓ It's an invigorating, community-oriented Tai Chi class that will make you feel fresh, and most of all, exhilarating!
- ✓ Tai Chi provides modified, low-impact moves and easy-to-follow pacing to help improve flexibility and balance!

**Mondays 11:30 am – 12:15 pm**

**Hodgkins – Curtin Park** (Next to traffic and parking)

(Class will be inside during bad weather)

**Free for 3 weeks.**

RSVP or for more information contact:

Chris at 617-625-6600 ext. 2300



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The Somerville Cambridge Elder Services**