

Tai Chi



BUTTONWOOD CENTER

1 Oneida Street, New Bedford
508-991-6170 ext. 5

*Certified Instructor
Karen Corcoran*

FREE!

WEDNESDAYS

2 p.m. – 3 p.m.

Classes start April 14th



What is Tai Chi?

An ancient form of meditative exercise, originating in China, used to improve and maintain good health and increase longevity. Is recognized by its slow, captivating movements.

Why Tai Chi?

Improves health * Increases energy *
Focuses the mind * Reduces stress & tension
Relaxes and strengthens body
Helps rheumatism, back pain & knee injuries
Can be practiced seated or standing