

Tai Chi for beginners in the park!

Come join the Commission on Aging for a series of three free Saturday morning Tai Chi classes in July.

What

In a small group setting, learn basic movements and breathing exercises that promote relaxation, improve balance, and help build strength and stamina. This foundation series is ideal for older adults with no previous Tai Chi experience who have a desire to learn about this fun and gentle form of exercise. Certified instructors will adapt the movements for your safety and comfort.

Where

Pleasant Hill Park, 147 Gregory Lane. Park in the Senior Center lot; meet outside, adjacent to the building.

When

9-10 a.m., July 13, 20, and 27. We build on prior movements each week, so please plan to attend all three classes.

Why

Tai Chi was developed in China more than 2000 years ago. In recent years, Western researchers have learned that it benefits both the body and mind. It can improve symptoms of arthritis and pain, enhance a feeling of overall well-being, and sharpen awareness. Studies also show it is highly effective in reducing the risk of falls and fall-related injuries.

How

Call Danielle Habr at 925-671-5221 for more information and to reserve your spot by July 10. Registrations are required and space is limited. Comfortable clothing and secure shoes are

required. Bring a folding chair if you prefer to exercise in sitting or supported standing. This event is proudly sponsored by the City of Pleasant Hill Commission on Aging, and the Pleasant Hill Recreation & Park District.



It is a great idea to practice your Tai Chi skills with others. Here are some local resources to support your continued learning (costs vary):

- **Pleasant Hill Recreation & Park District.** The District offers beginning and intermediate Tai Chi classes at the Senior Center. Check their website or call 925-682-0896 for more details.
- **Taoist Tai Chi Society** at 2601 Pleasant Hill Rd, Pleasant Hill. Join classes at any time and attend as many classes as you like for a flat monthly fee. For more information, call 925-979-5509. ▲