

Tai Chi for Health

Meditation in Motion

Tai Chi is proven to increase flexibility, improve muscle strength, promote mobility, and calm the spirit. Tai Chi for Arthritis is low impact and easy to learn. Led by a certified instructor, this Tai Chi for Health Program can help elevate the general well being of any fitness level by strengthening the mind and body connection.



Free weekly Tai Chi for Arthritis classes are forming now at the Museum of Aviation. Classes are open to the public and all skill levels. **Space is limited.**

When: Every Sunday, 4 March thru 1 April 2018
2:00-3:00pm

Where: Nugteren Hanger, Museum of Aviation
Warner Robins, GA

Who: All fitness levels
Children 12 and older accompanied by an adult.

To pre-register or for more information email:

info@exploreyoutopiawellness.com or call (478) 225-9005 ext 3

