New 8-week class on Fridays at 9:30-10:30 am Sept. 25 – Nov. 13 in KIN 110B!

Tai Chi Movement

For Better Balance

with David Hennage

- Reduced risk of falls
- Mobility
- Alignment
- Body awareness
- Coordination
- Balance
- Breathing

Space is limited! Register today at the Service Desk for $10!