

"Tai Chi for Living Basics"

Now Available at the SRC!



Every Tuesday @ 3 PM

*Do you have a fear of falling due to balance problems,
or difficulty with daily tasks due to loss of flexibility?*

Tai Chi For Living Basics is a beginner level balance and flexibility program that helps you rebuild and maintain your capabilities which means keeping your independence.

Instructor Stan Cohen will lead you through this program that is developed specifically for seniors like yourself with the intent of getting you up and moving with simple to do, low impact exercise that helps build muscle strength, muscle tone, endurance, flexibility and balance without the pounding and muscle strain of high impact exercise programs.

The gentle movements of Tai Chi ALSO reduce stress!

Sponsored by the
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SRC
SENIOR RESOURCE CENTER
Support, Information, Education, Training and Referral
for Seniors and Their Caregivers