

## Portland Parks & Recreation

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### TAI CHI FOR LONG LIFE



Tai Chi For Long Life is a unique health & fitness program designed to help relieve chronic pain & sickness, reverse many symptoms associated with normal aging, significantly reduce the harmful effects of stress, instill a deep sense of calm and relaxation, increase vitality and improve one's overall quality of health. Tai Chi has been proven through scientific studies to, among other things, improve balance, alleviate arthritis, reduce bone loss due to osteoporosis and manage blood sugar levels.

### FALL Session

**Held at The Buck Foreman Comm. Center**

**9:30 a.m. Wednesday Sept. 21 to Nov. 30**

**1:00 p.m. Friday Sept. 23 to Dec. 2**

Your Instructor is Ken Zaborowski

One Class per week \$40

Two Classes per week \$80

The drop-in fee is \$6.00 per Class

*For Program Updates &/Or Cancellations, please call the Hot Line 860-262-7234*