

ELMMCC TO OFFER TAI CHI

The Ellen Lambert Murphy Memorial Community Center will once again be offering Tai Chi classes this fall. Tai Chi is an old Chinese discipline that improves health and well being through slow, gentle exercise. Tai Chi has been shown to improve cardio-vascular health, help osteo-arthritis, decrease pain, improve flexibility and balance, and even decrease shingles. It burns only 20 less calories per hour as downhill skiing!

The Center will offer two classes: The day class will teach the 21 Forms of Dr. Lam which is specifically designed for older bodies and is approved by the American Arthritis Association. The evening students will learn the slightly more strenuous 24 or Peking Forms. The day classes will be at the Center at 10 am on Fridays beginning September 5. The evening classes will be at 7 Pm on Wednesdays beginning on September 3.

Classes will be taught in six-week sessions at \$25 per session. Anyone interested in exploring Tai Chi is welcome to attend the first class free on charge. For more information call the Center at 239-4316 or instructor Carol Poole at 239-4282.