

Coming to Long Creek



Conducted by:
Sarah Russ
Physical Therapist

Tai Chi

for Health

Tai Chi can help:

- * Reduce Stress
- * Improve Balance
- * Increase Energy & Vitality
- * Heighten Focus & Alertness
- * Lower Blood Pressure
- * Improve Circulation
- * Tone & Strengthen Muscles
- * Increase Mobility

When:

**Every Tuesday
Noon to 1 PM
Starting January 24, 2012
(Continuing through February 14th)**

Where:

Long Creek Community Hall

(Be sure to wear loose, comfortable clothing)



Tai Chi is a fun and gentle exercise for body and mind.

It is an enjoyable way to improve mobility, balance and overall well being.

Come Join Us!

Classes are free to the public

(Small donations can be made to cover facility costs)

for more information
Contact: Patti Hudson
541 421-3018
outreach@nfjdw.org

Sponsored by the North Fork John Day Watershed Council in cooperation with
the **Blue Mountain Hospital District**