

Lumpkin County Senior Center  
266 Mechanicsville Rd.  
Dahlonega, GA 30533  
706-864-2358

## ***Tai Chi for Health***

**Angie Elmore, Certified Tai Chi Instructor**

Benefits include improved flexibility, increased muscle strength, improved fitness and improved balance for fall prevention. Chairs will be used in this class to assist with balance as needed. Wear comfortable clothing that allows for movement.

**October 21<sup>st</sup> – December 2<sup>nd</sup> (6 week session)**  
**(No class on November 11<sup>th</sup> - Senior Center closed)**

**\$3 per class or \$15 for full session**

**Choose a time that fits your schedule**

**Wednesdays 10 – 11am**

**and**

**Wednesdays 4 – 5pm**

**Tea, light refreshments and fellowship after each class**