



Tai Chi for Health

Free in-person class held at Seneca Co. Office for the Aging.
*Special invitation to caregivers of friends/family with memory loss. Come on your own or with your loved one!
All others welcome too, space permitting.*

Tuesdays & Fridays, 9:15-10:00am
October 21 – December 16, 2022

Location: Office for the Aging
2465 Bonadent Dr., Waterloo

For more information or to register, contact -
Wendy: 585-287-6430 or wfambro@lifespanrochester.org



What is Tai chi?

Tai chi combines slow moving with deep breathing.

What are the benefits?

Increase strength, balance & posture.

Prevent falls.

Improve mind, body & spirit.

Reduce stress and increase relaxation.

