Tai Chi for Health
A program for better living

Thursday • 9:45am - 10:45am

Excluding the last Thursday of each month

Experience the Tai Chi Program
Arthritis Foundation Certified. Doctor Recommended.

The Arthritis Foundation Tai Chi Program is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Arthritis Foundation Tai Chi Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

Benefits to you
Tai Chi will help you:
• Feel relaxed
• Reduce stress
• Increase balance and flexibility
• Improve your overall mind, body & spirit

Classes are one-hour each.
Led by certified instructor: Richard Pinela
Donations accepted

For more information, please call (407) 254-9070
3800 South Econlockhatchee Trail, Orlando, FL 32829

www.OrangeCountyParks.net

We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL.