



Introduction to Tai Chi: Fall Prevention and Balance

No experience required.



Wednesdays, 9:30-10:30 am

January 27-March 4

(6 weeks)

In partnership with **Senior Resources**, the Lourie Center is offering this popular balance program once again! Come experience the evolution of an ancient martial art to a contemporary healing art. The program Tai Chi for Fall Prevention (TCF) and Balance is designed to improve mobility, stamina, muscular strength, flexibility, and balance.

(TCF) is an exercise that involves low-impact and slow, controlled breath and movements. TCF is meditation in motion. Joseph Whiting, MS, a board certified instructor will lead the classes.

Pre-Registration Required. CALL 803-779-1971.

Lourie Center 1650 Park Circle, Columbia SC 29201

