Chair Tai Chi

St. Paul United Methodist Church
1144 “M” St. (dining room)
Tuesdays and Thursdays
9:30 to 10:15 a.m.

This ongoing program is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants are taught simple movements they can practice sitting or standing near a chair.

Call 402-441-7575 to register or for more information.