



OTSEGO COUNTY COMMISSION ON AGING

Presents



Tai Chi
For Arthritis

Join us for an exciting eight-week session of Tai Chi for beginners ~
the ancient form of relaxation, flexion and serenity!

Invest in fall prevention!

• **2010 SESSION DATES** •

MAY 4 - JUNE 22 ~ Tuesdays • 1:00 to 2:00pm

**AUGUST 3 - SEPTEMBER 21 ~ Tuesdays • 1:00 to
2:00pm**

• **LOCATION** •

Otsego County Sportsplex

1250 Gornick Avenue, Gaylord

\$40/8 Week Session

•• *Classes Are Limited To 15 People* ••

For more information or to sign up,
call **OCCOA** at **989-732-1122**

Payment is due one week prior to session and is non-refundable.

Sponsored by the Otsego Commission on Aging in partnership with the Otsego County Sportsplex.