



QiSsage Body Systems, LLC
presents

TAI CHI FOR SENIORS

Tai Chi is especially good for senior citizens. Its slow, deliberate movements are easy to learn and user-friendly for people who enjoy a slower pace of learning and exercising. The Tai Chi lessons are gently blended with Qigong techniques to increase the effect of holistic health benefits.

Benefits of Tai Chi include increased range of joint motion; increased cardiovascular circulation; improved gait; improved balance and increased strength in the lower extremities.

**Woolman Commons
50 Brainerd Street
Mt. Holly, NJ 08060**

**Jun 15 - Jul 6, 2009
Mondays @ 10:00 am- 11:00 am
Cost only: \$21.40**

*Dress comfortably in loose clothing and wear good athletic support shoes.

Sponsored by Westampton, Eastampton, Mt Holly & Hainesport Recreation Dept.

REGISTER: mail or on-site by May 11th. FOR MORE INFO: CALL (609) 518-9399

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Tai Chi for Seniors

Woolman Commons, Mt. Holly, NJ

Jun 15 – Jul 6, 2009

Name: _____

Address: _____

City/Town _____ State _____ Zip _____

Phone: _(_____) _____ Email: _____

Make out check/money order to:
"QiSsage Body Systems, LLC"

Cash Check # _____ M.O.# _____

Credit Card:

Visa



MC



Discover



Mail remittance & registration to:
QiSsage Body Systems, LLC
3 Warwick Road
Eastampton, NJ 08060