



# Tai Chi For Seniors

Learn simple practices and techniques that relieve stress, lower blood pressure, promote relaxation and build your immune system and raise your resistance to disease, illness and injury. Anyone can do this! If you can get to class, we will teach you! No one refused!

Shifu Jon Walker, PhD has over 30 years of experience and many years of skilled teaching. His unique style is directed at reducing falls in seniors by strengthen the legs, improve balance, coordination and improve your overall health.

**Classes Forming  
Now!**

**Willingboro Kennedy Center  
429 JFK Way  
Willingboro, NJ 08046**

**Cost: \$32.10 (tax incl)**

**Jul 20 - Sep 21, 2010  
Tuesdays  
10 am - 11:30 am**

Use the form below to register by mail or Walk-In.  
For more information: (609) 518-9399 or email: yangqichen@aol.com

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**Tai Chi for Seniors** **Jul 20 - Sep 21, 2010**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_(\_\_\_\_)\_\_\_\_\_ Email: \_\_\_\_\_

Make out check/money order **\$32.10** to:  
**QiSsage Body Systems, LLC**

Payment type: **Cash** **Check #** \_\_\_\_\_

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