

Tai Chi For Seniors

****Tai Chi is an Approved
Physical Activity of the
President's Council
On Fitness***



Learn simple practices and techniques that relieve stress, lower blood pressure, promote relaxation and build your immune system in addition to raising your resistance to disease, illness and injury. Anyone can do this! ***NO ONE REFUSED!***

Shifu Jon Walker, PhD has over 30 years of experience and many years of skilled teaching. His unique style of teaching is focused on the student's understanding of the Tai Chi philosophy which is the foundation to strengthening weak legs, improving balance, coordination and improving overall health. Tai Chi is an approved activity of the PCFSN.

**Classes Forming
Now!**

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

Cost: \$32.10 (tax incl)

Jan 3 - Mar 6, 2012

Tuesdays

10 am - 11:30 am

Use the form below to register by mail or Walk-In.

For more information: (609) 915-3435 or email: yangqichen@aol.com

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Tai Chi for Seniors

Jan 3 - Mar 6, 2012

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