



# **Tai Chi**

*Want to dodge depression and maybe even dementia?  
Prevent falls and grow stronger in mind and body?  
Tai chi may be the answer.*

The benefits of this ancient Chinese form of exercise have been repeatedly demonstrated by a growing body of clinical evidence. Among the possible benefits:

- Falls prevention
- Balance boosting
- Stress and pain reduction
- Immune system enhancement
- Easing depression
- Increasing bone density
- Lessening Parkinson's disease symptoms

Even if you think you're out of shape, this is one form of exercise you can do. In fact, the Oregon Research Institute in Eugene recently conducted a study that found adults over 65 who had lowest fitness levels improved the most by doing tai chi twice a week.

**Classes to be held:**

**Monday and Wednesdays, 9:30 a.m.**

**Eight (8) weeks beginning Monday, September 19**

**Town of Coxsackie Senior Center**

**Mansion Street, Coxsackie**

**Class size limited to 25 participants**

**Call Renee at (518) 731-8901 to register**