

TAI CHI

When: **Mondays**

Time: **10am-11 am**

Where: **BCYF Grove Hall Senior Center**

51 Geneva Ave. Dorchester, MA. 02121

For More Information Contact:

Ayana Green, Elderly Service Worker

617•635•1486



What is Tai Chi?

Tai Chi is an ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress and anxiety, a form of meditation in motion. It has been shown to improve balance control, fitness, flexibility, and to reduce the risk of falls in older people. Safe for seniors, as it does not put too much stress on muscles and joints. Advocates claim it promotes serenity and inner peace.

