



***Black River Valley Senior Center
At 10 High Street, Ludlow
Presents Spring Tai Chi classes.
Starting April 11, 2024 9 AM***

Here is the opportunity to try something new. Tai Chi classes are now available to join every Thursday at 9 AM. Each session is one hour long and contains relaxation, focusing and meditation techniques.

Tai Chi improves self-control and self-understanding. Classes will help to improve your sense of balance, coordination, boost your immune system, increase lung capacity and blood flow.

Classes are open to the public and are free for those 60 years and older, a \$5 donation is appreciated for those under 60 years. If you are not already registered please contact the Black River Valley Senior Center 802-228-7421 or certified, experienced instructor Helena Wu at 802-289-7369.