

Lincoln Parks & Recreation
Presents....

 **T'ai Chi Classes** 

Lincoln Parks and Recreation is offering an adult T'ai Chi course. T'ai Chi is a healthy movement exercise which reduces stress, improves balance, increases flexibility and offers an inner peace.

The classes will take place on Mondays from 6:30-7:30 pm with a new session beginning October 22nd. They will be held at the Lincoln Senior Center (40 Chapel St.) The fee for the 8-week course is \$40 and class size is limited.

To reserve your spot in the class, call 333-8418 or stop by the Recreation office in the Lincoln Town Hall.

T'ai Chi

Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Paid: _____ cash/check (Checks payable to the Town of Lincoln)