



TAI CHI FOR SENIORS

Improve your balance, Flexibility and Peace of mind

**WEDNESDAYS
9/11, 9/18 & 9/25
AT 10 A.M.**

**AT THE W-R CIVIC
FREE TO ALL W-R RESIDENTS**

**PLEASE CALL THE REC OFFICE 201-939-7507 TO REGISTER
PLEASE WEAR COMFORTABLE CLOTHING AND PLEASE GET THE OK
FROM YOUR PHYSICIAN BEFORE BEGINNING ANY NEW EXERCISE
PROGRAM. CLASS WILL START PROMPTLY!**