



Felician Village

FOR IMMEDIATE RELEASE

Date: October 19, 2009

From: Jennifer Meyer, Independent Living Manager (684-7171 Ext 361)

Headline: **Felician Village Offers Tai Chi – Qigong Classes**

Felician Village is offering a six week Tai Chi – Qigong class every Monday and Wednesday from 10 a.m. – 11 a.m beginning Monday, November 2nd. All classes will be held in the Village Hall at Felician Village 1635 S. 21st St., Manitowoc. There is a \$48 charge for the six week course.

Participants will learn more about Tai Chi – Qigong and will also learn basic Tai Chi movements and postures. The class will be led by Jerry Galas, a 70 – year old senior with 14 years experience, and student of Master Yang, Beijing, international champion and PhD professor who proved scientifically the health – healing benefits of Tai Chi.

This program is suitable for people of all ages and physical capabilities. Tai Chi can be practiced to improve balance, coordination, strength, posture, cardiovascular health, increase energy levels and decrease pain levels. Studies also indicate that Tai Chi practice can reduce tension, anxiety, anger, depression, and confusion.

Space is limited. Pre-registration is required and can be done by calling 684-7171, ext. 255.