



Felician Village

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For Immediate Release

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From: Jennifer Meyer, Housing Coordinator/Marketing Assistant (684-7171 Ext 361)

Headline: **Felician Village Offers Tai Chi Fundamentals Class**

Felician Village is offering a six week Tai Chi Fundamentals class every Monday from 10:30 a.m. – 11:30 a.m. beginning August 18 through September 22. All classes will be held in the auditorium at St. Mary's at Felician Village 2005 Division St., Manitowoc. There is a \$10 charge for the entire six week course.

Participants will learn the movements and concepts of Tai Chi Fundamentals and should come prepared by wearing loose fitting clothing and comfortable, supportive shoes. The class will be led by Lori Bonin, Tai Chi Instructor and Physical Therapist at St. Mary's.

Tai Chi Fundamentals is a slow moving form of exercise that unites the mind and body allowing for many health benefits. This program is specifically designed 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.

Support groups that recommend Tai Chi include: American Geriatric Society, Multiple Sclerosis, Fibromyalgia, Parkinson's Disease, Lupus, Chronic Pain, and Arthritis Foundations

Space is limited. Pre-registration is required and can be done by calling 684-7171, ext. 279.