



Felician Village

2005 Division Street Manitowoc Wisconsin 54220-5652  
T 920 684 7171 F 920 683 9292 [www.felicianvillage.org](http://www.felicianvillage.org)

## For Immediate Release

Date: December 19, 2008

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

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

Felician Village is offering two 8 week Tai Chi classes. The Tai Chi Fundamentals Form class will be offered every Monday from 10:30 a.m. – 11:30 a.m. beginning January 5<sup>th</sup> and will run through February 23<sup>rd</sup>. The Basic Tai Chi Movements class will be offered every Thursday from 10:30 a.m. – 11:30 a.m. beginning January 8<sup>th</sup> and will run through February 26<sup>th</sup>. All classes will be held in the auditorium at St. Mary's at Felician Village 2005 Division St., Manitowoc. There is an \$18 charge for each 8 week course.

Participants will learn how to refine the basic movements and explore tai chi form in the classes held on Mondays and will learn basic tai chi movements and postures in the class offered on Thursdays. It is recommended that participants have prior experience with basic tai chi movements before taking the Tai Chi Fundamentals Form class. Relaxation techniques and body awareness exercises will be taught in both classes. Both courses compliment each other so participants are encouraged to take part in both courses. The classes will be led by Lori Bonin, certified Tai Chi Fundamentals Instructor and Physical Therapist at St. Mary's.

These programs are 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.

Space is limited. Pre-registration is required and can be done by calling 684-7171, ext. 279. or emailing [lbonin@felicianvillage.org](mailto:lbonin@felicianvillage.org).

