



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 Free Tai Chi Class**

Felician Village is offering a free, six week introductory Tai Chi class every Monday from 10:30 a.m. – 11:30 a.m. beginning May 12 through June 16. All classes will be held in the auditorium at St. Mary's at Felician Village 2005 Division St., Manitowoc.

Participants will learn the basics 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, a physical therapist at St. Mary's. The class is geared toward senior citizens but people of all ages are encouraged to take part in the class.

Tai Chi is a low impact form of exercise which unites body and mind to bring better harmony to a person's life. Some of the benefits of Tai Chi are: improved balance, coordination, strength, posture and cardiovascular health.

This program will prepare participants to continue learning through more advanced Tai Chi concepts and movements if desired.

Space is limited. Pre-registration is required and can be done by calling 684-7171, ext. 247.