



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: **Tai Chi Workshop to be offered at Felician Village**

Tai Chi Fundamentals Level 2 workshop will be held on Thursday, September 25 in the auditorium at St. Mary's at Felician Village 2005 Division St., Manitowoc from 9 – 4:45 p.m.

Participants will learn how to demonstrate tai chi fundamentals, understand the medical and functional benefits of tai chi, and apply tai chi as a therapeutic exercise. The class will be led by Patricia Culotti, CTI, who has taught tai chi to diverse populations since 1981. Medical professionals may receive 6 contact hours of continuing education for attendance. Prior experience in Tai Chi Fundamentals is beneficial, although not required to participate in the workshop.

Cost of the course is \$175. Space is limited. Pre-registration is required by September 15 and can be done by calling 684-7171, ext. 279.