



Felician Village

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## FOR IMMEDIATE RELEASE

### Felician Village hosts free Better Balance through Tai-Chi

MANITOWOC, WI (December 19, 2017) - Felician Village is offering a “Moving for Better Balance” Tai-Chi class free to the public. The classes are specifically designed to address Manitowoc County’s high rate of falling and fractures among seniors. Funding for the project comes from a United Way grant to the Manitowoc-Two Rivers YMCA that offers a number of Tai-Chi classes taught by certified instructor Jerry Galas.

“At Felician Village we offer an easy form of Tai-Chi that anyone can learn and enjoy, regardless of age or physical limitations,” said Galas, adding: “We learn how to breathe, reduce stress, build core strength, focus attention and always move in safe balance.” Some forms of Chinese qigong are also shared that can help reduce pain, increase energy and rebalance the body’s centers. Students range in age from mid-30s to the 90s.

Classes will be held at Felician Village, 1635 S. 21st St., on Mondays, from 11 a.m. to noon beginning Monday, January 8, 2018.

To register for the class, call the Felician Village marketing department at 920-684-7171 ext. 329 or email [fvmarketing@felicianvillage.org](mailto:fvmarketing@felicianvillage.org).

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### About Felician Village

Felician Village, a continuing care campus, has been providing housing and services for seniors through rehabilitation, independent living, assisted living and long-term care for 130 years. Felician Village is a Catholic organization that welcomes people from all faiths.

### Contact

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