



Felician Village

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FOR IMMEDIATE RELEASE

Area Seniors Learn New Ways to Stay Safe This Winter

MANITOWOC, Wis. (November 20, 2018) - Manitowoc County seniors facing the potential perils of winter will learn new ways to improve balance, posture, walking, prevent falling and rebuild core strength and flexibility at free Tai-Chi classes offered by Felician Village and the YMCA.

All residents of Manitowoc County are welcome to attend the 11:00 am Monday classes taught by YMCA certified instructor Jerry Galas. Classes are tailored to the needs of participants who may have physical challenges. Most movements can be done from a seated position. Short videos are also used to teach self-massage, reduce stress, increase circulation to legs and feet, improve breathing and reduce chronic pain. Those more mobile are invited to participate in comparable free classes at the Manitowoc-Two Rivers YMCA at 11 am on Tuesdays and Thursdays.

For more information, call Felician Village at 920-684-7171, ext. 329 or the YMCA at 920-682-0341.

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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 more than 130 years. Felician Village is a Catholic organization that welcomes people from all faiths.

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