

# TAI CHI CLASSES

**LEARN THE RELAXING ART OF TAI CHI**

**Classes start Thursday,  
February 18<sup>th</sup>  
All Men & Women 16 & over**

**Cost:**

**\$5.00 Per Class**

**Time:**

**Thursday Night's  
6:00 pm – 7:00 pm**

**Location:**

**Jerome Brown Community Center  
99 Jerome Brown Place  
Brooksville, FL 34601**



## **Benefits of Tai Chi**

太  
極  
拳

**Boosts Energy  
Improves Mental Clarity  
Lowers Blood Pressure  
Improves Balance  
Strengthens Lower Body  
Improves Sleep  
Relieves Stress  
Promotes Health & Fitness  
And Much More....**



**KEEP  
CALM  
AND  
PRACTICE  
TAI CHI**

**For more information contact  
352-540-3835 or  
[dfrazianni@cityofbrooksville.us](mailto:dfrazianni@cityofbrooksville.us)**