

TAI CHI CLASSES

LEARN THE RELAXING ART OF TAI CHI

**Classes start Thursday,
February 18th
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**