

# TAI CHI

At the Clayton Senior Center

1 Garwood Blvd.

Mondays 11:00 A.M.

May 6<sup>th</sup>, 13<sup>th</sup>, and 20<sup>th</sup>

June 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>

July 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>

**COST: *FREE!***



**COME JOIN INSTRUCTOR  
MORRIS SIEGEL**

Tai Chi is a program that includes steps & exercises that help improve mobility, breathing, and relaxation.

**OPEN TO ALL CLAYTON SENIOR CITIZENS**