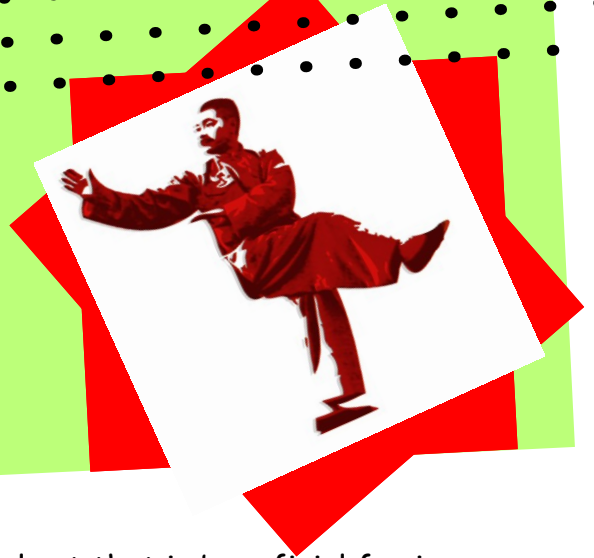




# TAI CHI



Tai Chi Chuan is an exercise, a meditation, and a martial art that is beneficial for improvement of health and stress management. Tai Chi also teaches breathing techniques to enhance lung capacity and stamina; and it benefits the immune and circulatory systems.

## BILL'S MORNING TAI CHI

Costick Center Conway Hall  
Seven-Week Series / **50 & Better**

These classes consist of an organized routine to help with overall physical health and stress management based on Tai Chi principles.

**10:00 am - 11:00 am**

**Tues Apr 14, 21, & 28 DROP-IN ONLY CLASSES**

**Fri Feb 27 - Apr 24 Class # 230201-02**

**No class Mar 20 and Apr 3**

Instructor: Bill Harper

**\$40 NR; \$35 Resident Discount; \$6 Drop-in**

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Farmington Hills Department of Special Services  
Adults 50 & Better Costick Center  
28600 Eleven Mile Road, Farmington Hills, MI 48336

Register at the Costick Center or online at [www.fhgov.com](http://www.fhgov.com),  
click on Departments > Special Services > Online Program Reg  
Call (248) 473-1830 for more information.

