

# Tai Chi

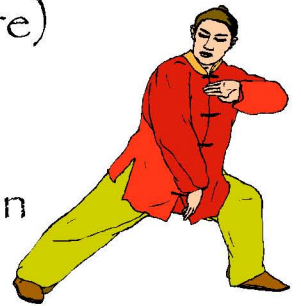
Practicing Tai Chi daily will Bring you:

Increased serenity (lowering blood pressure)

Improved balance (preventing falls)

Enhanced left and right brain coordination

(Improving memory and focus)



Begins February 8, 2010

Eustis Recreation Department

2214 E. Bates Avenue

Monday and Wednesday 9:00 a.m.-10:00 a.m.

\$60 month per person

For more information call:

(352) 357-8510

