



TAI CHI 2023

Originally developed for self-defense, Tai Chi is a gentle way to reduce stress and anxiety as well as increase flexibility and balance.

WHY TRY TAI CHI?

- Decreased stress and anxiety
- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- Improved flexibility, balance, and agility
- Improved muscle strength and definition

**\$5.00 per class or Free to Seniors age 60+
Call 810-648-6117 to register**

Weather permitting. Registered class members will be called for weather cancellations.

For more information, call 313-550-8187



Location 1:

Open Door
Missionary Church
770 Sanilac Road
Sandusky, MI 48471

Location 2:

Countryside Free
Methodist Church
912 Sanilac Road
Sandusky, MI 48471

Location 3:

Bark Shanty
65 S. Lake Street
Port Sanilac, MI 48469

Location 4:

Lexington Senior
Dining Center
6964 Huron Avenue
Lexington, MI 48450



When:

Tuesdays @ 10 a.m.
Sept 11 - Nov 3

When:

Tuesdays @ 10 a.m.
Nov 6 - Dec 15

When:

Wednesdays @ 10 a.m.
Sept 11 - Nov 3
Nov 6 - Dec 15

When:

Wednesdays @ 1 p.m.
Sept 11 - Nov 3
Nov 6 - Dec 15

Please note: there will be NO CLASSES the week of Nov 20 in observance of Thanksgiving.



120 N. Delaware Street
Sandusky, MI 48471
810-648-3770
www.mckenziehealth.org