



CENTRAL
BAPTIST CHURCH

WEDNESDAY

JUL
11

05:30 PM - 06:30 PM

📍 CENTRAL BAPTIST CHURCH
GYM

Tai Chi

TAI CHI CONTINUES ON WEDNESDAYS

Tai Chi is a form of organized movement developed many centuries ago that is described by the Mayo Clinic as a "graceful form of exercise." Purposed to improve balance, reduce stress and bring harmony to the mind, body and spirit connection, the technique involves slow continuous movement accompanied by deep breathing. A beginner's class for those 12 and older will be offered on Wednesday nights at 5:30 p.m. in the gym starting June 20th. Leading us will be Jim Showalter, who grew up at Central and has been an instructor of Tai Chi for many years. Cost is \$5 per participant and will be paid directly to our instructor.