



**Cambridge Senior Center (806 Mass. Ave.)**  
**Mindfulness Classes**



# *Tai Chi*

**Thursdays,  
11 a.m. – 12 p.m.**

**In-person**

This class teaches Tai Chi arm and leg movements of the yang style long form. There is a strong emphasis on Tai Chi walking, which has been known to improve balance.

Please remember to bring your water bottle.

*Always consult your physician before beginning any exercise program.*

**To register, call the Council on Aging at 617-349-6220.**



**This program is for ages 60 years and older.**

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

[www.cambridgema.gov/CouncilOnAging](http://www.cambridgema.gov/CouncilOnAging) • 617-349-6220