



Cambridge Senior Center (806 Mass. Ave.)

Fitness Classes



Tai Chi Paradigm

**Mondays October 27, November
3, 10, 17, 24 and December 1**

1:30 - 2:30 p.m.

In- Person

\$18.00 for a 6-week series

****Class is Full****

Join Tai Chi Paradigm, a six-week program with Sifu Mynor Diaz

The “Tai Chi Paradigm” program is a training system that incorporates a distinct set of exercises and concepts of spatial patterns. The “Tai Chi Paradigm” program was developed to maintain, improve, and prevent age-related degeneration of neuro-muscular motor skills. The practice of Tai Chi has evolved into a self-healing art, particularly after research placed it, as an evidence-based practice intervention in PTSD, Neurological Conditions, Osteoarthritis, and Hypertension while also beneficial in fall prevention and improving cognitive performance.

Registration is required – Class is full - Cost is \$18.00

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



This program is for ages 60 years and older.

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806 Massachusetts Avenue, Cambridge, MA 02139

www.cambridgema.gov/councilonaging • 617-349-6220