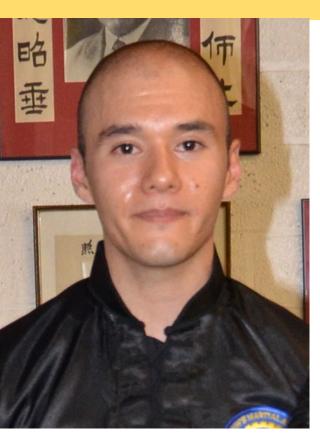


Cambridge Senior Center (806 Mass. Ave.)

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.

Cambridge Senior Center 806 Massachusetts Avenue, Cambridge, MA 02139 www.cambridgema.gov/councilonaging • 617-349-6220