

Town of Brookhaven
Department of Parks, Recreation & Sports, and Cultural Resources

Tai Chi

THIS LOW-IMPACT, SLOW MOTION EXERCISE CAN HELP INDIVIDUALS REDUCE STRESS AND EXPERIENCE AN INCREASE IN BALANCE AND MUSCLE TONE. IT IS A GENTLE FORM OF EXERCISE THAT CAN PREVENT OR EASE MANY ILLS OF AGING. TAI CHI CAN BE EASILY ADAPTED FOR ANYONE, FROM THOSE PHYSICALLY FIT TO EVEN THOSE CONFINED TO WHEELCHAIRS OR RECOVERING FROM SURGERY.

ROBERT E. REID, SR. RECREATION CENTER
DEFENSE HILL ROAD & ROUTE 25A
SHOREHAM, NY 11786

TUESDAYS
SEPTEMBER 18, 25
OCTOBER 2, 9, 16, 23

12:00PM - 1:00PM

\$35.00/PER 6-WEEK SESSION

PRE-REGISTER BY
FRIDAY, SEPTEMBER 14, 2018

CALL 631-744-2601
For more information or to pre-register.

*Acceptable payments include check, money order & credit card.

*No cash payments accepted.

*All cancellations, except by the Town, are subject to a 15% administrative handling fee.

Visit us on the web:

www.BrookhavenNY.gov

www.BrookhavenNY.gov/ParksFacebook



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Edward P. Morris, Commissioner
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(631)451-TOWN