



Homer Senior Citizens, Inc.

907-235-7655

# Tai Chi

The Homer Senior Center has been in partnership with the Independent Living Center's TRAILS program to host a weekly Tai Chi class:

**Thursdays**  
**3:00 pm**

## **Introducing Tai Chi for Arthritis and Falls Prevention**

Tai Chi is a slow and gentle movement practice from China that is gaining popularity in the United States. Tai Chi provides exercise that enhances strength and stamina while improving balance and bone density. The practice helps reduce stress and increases body awareness. The gentle movements are suitable for all ages and all fitness levels. Although the program is primarily done standing and stepping, it can be adapted to a seated position and retains many of the stretching and calming benefits. For additional information call Dean Sundmark at 907-235-7911.

