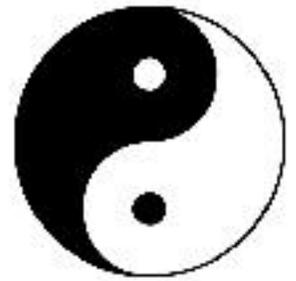


# TAI CHI



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## Chair Yoga

Tai Chi has many health benefits.

An exercise class for seniors to help improve your balance and mobility.

Also Chair Yoga  
Helps the body and the mind.

Tuesdays

1:30-2:30 pm

For further information

904-368-3955

Bradford County Senior Center

456 W. Pratt St.

Starke, FL 32091

[www.bradfordcountyfl.gov](http://www.bradfordcountyfl.gov)

