

# Tai Chi



Roy B. Culler, Jr. Senior Center  
600 N. Hamilton Street, High Point, NC 27262  
(336) 883-3584 • [www.high-point.net/pr/srctr.cfm](http://www.high-point.net/pr/srctr.cfm)  
High Point Parks & Recreation Department

Mondays, 3:30p.m. - 4:30pm  
September 13 - November 1, 2010  
\$35.00 per person/8-week session

Practicing Tai Chi every day can lead to a longer, more active life. The slow speed of Tai Chi creates balance, flexibility and calmness, with an emphasis on deep breathing and using mental imagery. Tai Chi integrates your mind with your body and is very effective at relieving stress.

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