



Chelmsford Tai Chi

6-week Program on Tuesdays

September 3 to October 8, 2019

4:00 – 5:00 pm

Chelmsford Common (Human Harmonies Studio, if raining)

Free Telephone Coaching

Want to lose weight, improve fitness, reduce stress or some other health or wellness goal? [Click](#) to learn more. Only for MIIA/Blue Cross members.

Increase Fitness and Reduce Stress with Low-impact, Gentle Exercise

Tai Chi is often described as meditation in motion. The gentle flowing movements help release stress and foster tranquility, while promoting peace of mind and physical wellness. Tai Chi practitioners see benefits like improved balance, increased strength and flexibility, higher levels of energy, and stronger muscles. Current practitioners and those new to Tai Chi are welcome to participate. Participants will learn foundational Tai Chi movements, including an introductory Tai Chi short form, along with selections from Qigong.

- Free program open to all **Town of Chelmsford** employees and their spouses
- All levels of experience are welcome
- Please bring water bottle and wear comfortable clothing

Leader: Jill Potsaid, Certified Tai Chi Instructor

Registration: Please register by August 30 with Mary Harrington at mharrington@mma.org or 617-426-7272 x278. Please let Mary know if you are a MIIA/Blue Cross member. Class size limited to 30.

