

# Tai Chi Qi Gong

## FREE CLASSES



**STARTING TUESDAYS ON AUGUST 12 2025**

**QI GONG 10:00 AM**

**TAI CHI 11:00 AM**

**@ THE CALAVERAS SENIOR CENTER**

**956 Mountain Ranch Road, San Andreas, CA 95249**

**CLASS SIZE IS LIMITED PLEASE CALL OR TEXT EVELYNE AT 510-847-7216 TO RESERVE A SPOT**

These low-impact forms of exercise are highly accessible and enjoyable for people of all ages and abilities, including seated participants. Gentle-flowing movement builds muscle, core strength, stamina, flexibility, range of motion, improved balance, and coordination. Lower blood pressure, stress and inflammation. Improve cognitive function and memory. Promotes a renewed sense of vigor, energy, and the feeling of well-being.

**TAKE ONE CLASS OR TAKE BOTH!**