

T'AI CHI CLASS

HEALTH & WELL-BEING IN 2017



Wednesday Evenings – 2017 Winter – 8 Week Series
March 1 – April 19, 2017.

Beginners: 6:00 – 7:00 P.M. Intermediates: 6:40 – 7:45 P.M.

Benefits of T'ai Chi Ch'uan

- Reduces risk of falls by improving balance
- Lowers blood pressure – reduces stress
- Facilitates relaxation and concentration
- Improves core strength, posture and flexibility
- Increases mobility and reduces chronic pain
- Enhances overall health
- Cultivates peace of mind

Location AADAP Inc.
2900 South Crenshaw Blvd.
Los Angeles 90016
(323) 293-6284

\$85.00 for 8 week Series
\$60.00 for AADAP Staff

Sifu Lana Spraker has taught Yang
Style T'ai Chi Ch'uan for over 45 years.

Learn more about Sifu Spraker at
www.alexandertaichi.com