



# Tai Chi for Caregivers

Work on basic principles of Tai Chi:

- Structure
- Relaxation
- Balance
- Energy Cultivation (Qigong)
- Breathing
- Intentional Movement

**No prior experience necessary!**

**Classes will be held at The Life Center  
601 West Center Street, Lexington, NC 27292  
2nd and 4th Tuesdays of every month  
12:00 PM**

**This class is offered at no charge.**

Call 336-249-2155 or email  
[nsmith@lifecenterdavidson.com](mailto:nsmith@lifecenterdavidson.com) to register