



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 to register