

Coming this Summer at Bob Shepard Highland Landing Park



# Tai Chi Lessons for Beginners

**10 Weekly Lessons. Starts Tues, July 6, 6:30 pm**

## **What the Mayo Clinic Says About Tai Chi**

“The ancient art of tai chi uses gently flowing movements to reduce the stress of today’s busy lifestyles and improve health.”

“You can practice tai chi regardless of your age or physical ability — tai chi emphasizes technique over strength.

**The Only Cost: membership in the Highland Landing Park Association: Individual - \$10      Family - \$15**

**Contact: [info@highlandlandingpark.org](mailto:info@highlandlandingpark.org); 845-255-7742**

Sponsored by the Highland Landing Park Association and  
The Town of Lloyd Recreation Commission