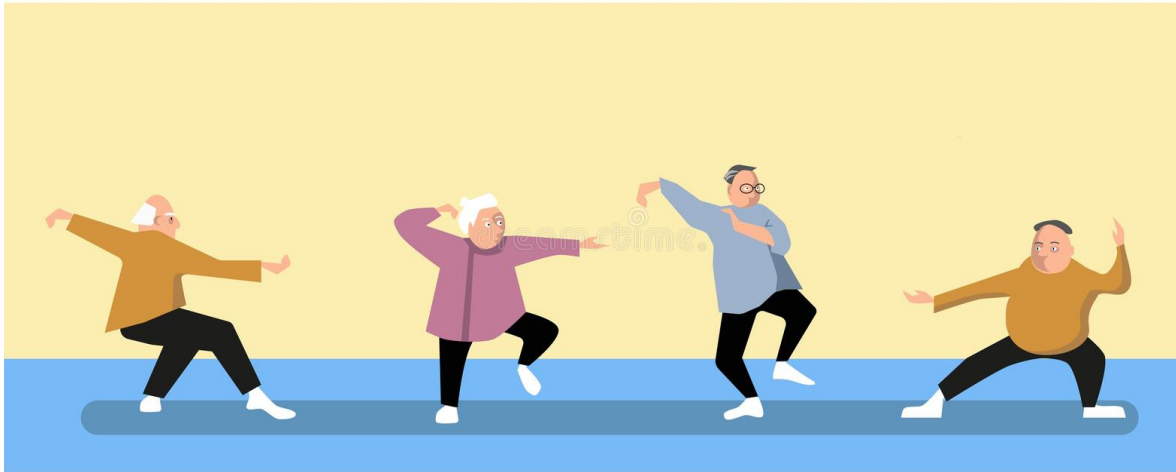


## ***Bodies in Motion Tai Chi***

by the DeWitt Area Recreation Authority (DARA)

Tai Chi is a wellness exercise program for seniors that is recognized for its many clinically documented health benefits. Tai Chi is suitable and safe for older adults that may have chronic illness or simply recognize the vital need for daily exercise. Harvard Medical School describes Tai Chi as “A gentle exercise program for mental and physical well-being”.



**Where:** Classes are held at the new DeWitt City Hall in the Activity Room.  
414 E. Main St., DeWitt, MI 48820

**When:** Tuesdays and Thursdays 11am - 12pm Starting Thursday, 11/2/23

**Fees:** No formal fees are collected. We request a per class donation of \$3-\$5 payable in cash or check made out to DeWitt Area Recreation Authority.

For immediate questions or a complete program description please contact Bob at [robertjkostelnik@gmail.com](mailto:robertjkostelnik@gmail.com) or text 517-512-9303.

10/22/23