

Promoting the wellness,  
recovery, and resilience of  
adults experiencing disabilities.



## Gentle Tai Chi

Tai' Chi seeks to achieve harmony with nature and the balance of mental serenity and physical strength. Often described as meditation in motion, it can reduce stress while gently strengthening and stretching the body. Phil Schneider has been practicing and teaching Tai Chi for over 30 years and offers this gentle, adaptive version of Tai Chi which allows anyone to experience the benefits of this healing experience. \*Masks required.

 TACID Center      Thursdays    1:00 – 2:00pm

For more information call: **(253) 565-9000**.

