

# TAI CHI FOR ARTHRITIS®

## FALL 2014 SESSION

SEPTEMBER 23 THRU OCTOBER 30  
TUESDAYS & THURSDAYS  
12:00 - 1:00 PM

Tai Chi is the ideal exercise for anyone of any fitness level and can be modified for any physical restriction

Some of the health benefits derived from the practice of Tai Chi include:

- Improved balance
- Better sleep
- Increased circulation
- Enhanced immune system
- Better digestive function
- Reduced stress
- Increased flexibility

太極拳

Classes will be held at:

Three Pure Rivers  
Studio For the Arts  
18 Rittenhouse Place  
Drums PA

The session runs for 6 weeks  
12 one-hour classes

Tuesdays and Thursdays from  
11:00AM to 12:00PM

Session Begins  
Tuesday September 23, 2014

Please register early as class  
size is limited

Call: **570.359.3059** for more  
information and to Register

**\$100.00**

No refunds once the session begins.

Facilitated by

Mark R. Reinhart  
馬克永學



THREE PURE RIVERS  
STUDIO FOR THE ARTS

三清河道 ■ 馬克永學  
18 RITTENHOUSE PLACE  
PO BOX 402 DRUMS, PA 18222  
570.359.3059 ~ [THREEPURERIVERS.COM](http://THREEPURERIVERS.COM)

