

Join us at Heartland Senior Services for ...

Tai Chi!



Tai Chi is a gentle form of exercise that reduces stress and anxiety while promoting flexibility and balance.

Classes are held Tuesdays and Thursdays:

Tai Chi II - 8:15

First week classes are

Tai Chi I - 9:00

FREE!

September 3rd and 5th

Heartland Senior Services

205 S Walnut Ave

Ames IA 50010

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