T’ai Chi Fitness
Life in Balance
Friedberg JCC • 15 Neil Court • Oceanside

Beneficial to those with Parkinson’s Disease and other chronic illnesses

8 TUESDAYS, JANUARY 8 - FEBRUARY 26
12:30 - 1:15 PM

Join fitness instructor Maria as she leads the class with a series of movements set to uplifting music, infusing martial arts, strength training and low impact aerobics. Rejuvenate and empower every bone and muscle while sharpening your reflexes, fine-tuning your memory and improving your balance.

Fee: $125; Members, $100
(includes participant and one caregiver)

For more information, contact Gloria Lebeaux, LCSW, Director of Social Services at 516-634-4010 or glebeaux@friedbergjcc.org.

Funded in part by the New York State Office for the Aging, UJA-Federation of New York and Alzheimer’s Foundation of America