



**MID-CAROLINA
REGIONAL COUNCIL**

TAI CHI CLASS



BENEFITS INCLUDE:

- Increased range of motion, strength & flexibility
- Improved balance
- Better breathing & mindfulness
- More energy and just feeling better!

Tai Chi for Health is an evidence-based program proven to help older adults maintain healthy lifestyle. Based on the Sun style, Tai Chi for Arthritis is a low-impact physical activity program that includes gentle movements suitable for people of all ages, mobility, ability, and fitness levels with any form of arthritis. Tai Chi for Arthritis is also proven to help reduce the prevalence of falls among older adults.



Mondays & Thursdays



Starts September 6, 2026

10:00-11:00 AM



TO REGISTER:

Must download church center app and choose Lewis Chapel Missionary Baptist Church for preregistration.

Tai Chi Instructor: Tonya Garrett has been certified by Tai Chi for Health Institute in eight Tai Chi programs. I look forward to working with you!

**Lewis Chapel Missionary
Baptist Church
5422 Raeford Rd.
Fayetteville, NC 28304**

Please wear loose fitting clothing and flat enclosed shoes. Parking is available in the lower parking lot behind the church and enter for classes at the side door under the steps.