



**JOIN US**

## Tai Chi for Arthritis



- Focused on learning a series of movements
- Safe and effective for older adults
- Known for improving balance
- Slow paced, mindful movements
- Great for people of all abilities.

Classes are offered for a suggested donation of \$3/class or covered by SilverSneakers and Renew Active.

Class locations throughout Kent County.

Pre-registration is encouraged.



**Call 616-233-0283 to register!**

# JOIN US AT ANY OF THESE LOCATIONS!

616-233-0283 for more information!

Grandville Kent  
District Library  
4055 Maple St. SW  
Grandville  
T/TH  
**1pm**

**This Beginner session  
will start September 10.**

**Wear comfortable  
clothes, good shoes  
and bring water!**

Third Reformed  
Church  
2060 Michigan St. NE  
Grand Rapids  
M/W  
**12:30p -1:30p**

**This is an Advanced  
Level class- Tai Chi  
experience  
recommended, but not  
required.**

**Wear comfortable  
clothes, good shoes  
and bring water!**

Walker Senior  
Neighbors Center  
1470 3 Mile Rd.  
Walker  
T/Th  
**1pm**

**This Beginner session  
will start September 10!**

**Wear comfortable  
clothes, good shoes  
and bring water**

Westview CRC  
2929 Leonard NW  
Grand Rapids  
W/F  
**11:00a -12:00p**

**Mixed Level Tai Chi  
Beginner classes  
resume January 10!**

**Use the covered  
entrance on the south  
side!**

Zion Lutheran  
582 Lamoreaux Dr.  
NW  
Comstock Park  
T/Th  
**10:15a-11:15a  
(Intermediate/  
Advanced Class)**

## COMMUNITIES FOR AGING STRONG

Area Agency on Aging of Western Michigan | Grand Rapids  
Community College | Ionia County Commission on Aging  
Ludington Senior Center | Mecosta County Commission on Aging  
The Salvation Army | Senior Neighbors  
St. Ann's Senior Services



*Kent County  
Senior Millage*