



## **Moving Easy Class Offerings Tai Chi for Parkinson's**

Tai Chi adapted for Parkinson's -- flowing, easy movement that helps improve balance and flexibility and reduce stress.

Our Tai Chi classes tailored for people living with Parkinson's. The new session of Tai Chi classes adapted for Parkinson's, Dystonia, and other movement disorders are offered as 8 week sessions throughout the year. All are welcome--whether you are new to Tai Chi or continuing your study you will find the time rich and rewarding.

The current class offerings are:

### **ARLINGTON: Wednesdays, 11:30a-12:30p**

[The Arlington Center](#), 369 Mass Ave, Arlington (2 blocks E of Arlington Center)

### **LEXINGTON: Mondays, 1:30-2:30p**

Lexington Community Center, Lexington Community Center, 39 Marrett Rd, Lexington, MA at the intersection of Rt 2A & Mass. Ave, Continue past the Museum to top of hill

### **NEWTON: Mondays, 1p-2p**

Temple Reyim, 1860 Washington Street, Newton, MA. (about 1/8 mile beyond Newton-Wellesley Hospital heading E on Rt 16 (Washington St)

### **WOBURN: Thursdays, 1:30-2:30p**

Woburn Senior Center, 144 School Street, Woburn, MA 01801

COST: \$96 for 8 weeks (Scholarship Available)

SIGN UP TODAY: Contact Jane Arsham as soon as possible to secure a spot

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