

# Tai Chi Classes for Deptford Seniors Sponsored by Mayor & Council

## Benefits:

- Enhances body-mind harmony
- Improves internal energy level
- Improves muscle strength and endurance
- Reduces back pain
- Reduces daily stress
- Slows down the aging process



Date: Mondays

Time: 9:30AM

Location:

Deptford Senior Center

1341 Tanyard Road

Sewell, NJ 08080

Please contact the Manager's  
Office for more information  
at 856-686-2220.