

TAI CHI

WINTER 2019



The Northwell Health Tai Chi program is designed to increase your flexibility and range of motion, while improving your gait and balance. This program has been shown to reduce the rate of falls by up to 70%. It is designed for beginners or someone with little to no knowledge of Tai Chi.

*Instructor: Catherine Dunckley
NorthWell Health*

***Mondays, Jan. 7, 14, 28; Feb. 4, 11, 25; March 4, 11
10:15 AM***

FREE PROGRAM

**Online registration at hillsidelibrary.info/events begins
Nov. 26, OD Dec. 17**

**Wear loose, comfortable clothing, soft shoes or barefoot.
For everyone's comfort, please don't use any heavily scented products (perfume, soap, etc.).**

**Hillside Public Library
155 Lakeville Rd., New Hyde Park, NY 11040
(516) 355-7850, x304; hillsidelibrary.info/events**