



# Hickory Senior Center



OPEN THE DOOR TO



TAI CHI

When:

Thursdays at 10:30am

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements connecting the mind and body.



For General Information or If you have any questions please call  
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