



# TAI CHI

**1 - 2 PM EVERY FRIDAY  
AT SPRINGFIELD SENIOR CENTER, 701 WEST MASON**

**Dennis Afeld, Tai Chi Basic Certification**

Experience meditation in motion; Improve overall health; Reduce stress; Increase energy; Improve concentration; Improve sleep quality; Strengthen bones, muscles, and joints; Increase flexibility; Improve heart & lung function.

**\$8 PER CLASS, MADE PAYABLE TO DENNIS AFELD  
REGISTER BY MONDAY (THE WEEK OF CLASS) AT (217) 503-4643**

