



Health and Stress Management with Tai Chi

This eight week program can help you build mindful practice, enhance strength and learn a SUN style of Tai Chi.

When: Wednesdays and Fridays, 12-1 pm

January 22, 24, 29, 31, February 5, 7, 12, 14, 19, 21, 26, 28, March 4, 6, 18, 20

Where: University Commons, 850 University Drive, Rolla MO 65401

Register by January 22. \$50.00 to reserve your spot today!

<https://extension2.missouri.edu/events/tai-chi-for-arthritis-falls-prevention-university-of-missouri-s-t>
or call 573-458-6260 or email rachelbuenemann@missouri.edu

Contact us immediately if you need accommodations because of disability, need to relay emergency medical information or need special arrangements if the building is evacuated. Contact Rachel Buenemann, 573-458-6256



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