

TAI CHI FOR ARTHRITIS

An effective exercise program that improves health, quality of life, and balance. Join Rachel Buenemann, Extension Nutrition & Health Education Specialist, for this easy-to-learn, safe and effective program.

Registration fees of \$60 holds you spot in class. Class limit is 12, so don't delay – register by calling MU Extension Phelps County, 573-458-6260

For more information or ADA accommodations, contact the MU Extension Phelps County Extension office at 573-458-6260.

Mondays and Wednesdays
June 24 – August 19
12 p.m. to 1 p.m.

**Saint James United
Methodist Church**
149 West Church St,
Saint James, MO 65559
Call 573-458-6260 to register



Extension
University of Missouri

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