



Health and Stress Management with Tai Chi

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

When: Mondays and Wednesdays 4:30 –5:30 pm.

February 3, 5, 10, 12, 17, 19, 24, 26, March 2, 4, 9, 16, 18, 30, April 1, 6

Excluding March 11, 23, 25

Where: Drury University, Rolla: 1034 South Bishop Avenue, Rolla MO 65401

Register by January 27. \$50 to reserve your seat today!

<https://extension2.missouri.edu/events/tai-chi-for-arthritis-falls-prevention-rolla-drury-university-february>

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



An equal opportunity/ADA institution

