



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: Mondays and Fridays 4:35 –5:35 pm

September 30, October 4, 7, 11, 14, 18, 28,

November 1, 4, 8, 11, 15, 18, 22, 25, December 2

No Class on October 21, 25 or November 29

Where: First United Methodist Church Rolla: 803 N Main St ,
Rolla MO 65401 Room 300

Register by September 25. \$40.00 to reserve your spot today!

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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