



Tai Chi for Stress and Health

An effective exercise program that improves health, quality of life, and balance.

Join Rachel Buennemann, Extension Nutrition & Health Education Specialist, for this easy-to-learn, safe and effective program.

Registration fee of \$40 holds your spot in class. **NEW LOWER RATE!**

Class limit is 12, so don't delay – register by calling MU Extension Phelps County, 573-458-6260

September 16th to November 11th

Skipping October 23rd

Mondays and Wednesdays

4:35 to 5:35 p.m.

Drury University

1034 South Bishop Avenue, Rolla, MO

