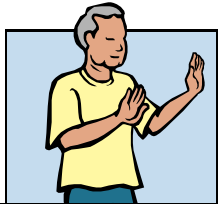


Lawrence Township Office on Aging  
Department of Recreation



*Glenn Swann*  
Instructor

***IMPROVE LOWER BODY AND ARM STRENGTH***

***LOW IMPACT- SLOW MOTION EXERCISE***

***CIRCULAR MOTION, IMPROVES BALANCE,  
REDUCES RISK OF FALLING  
MUCH MORE.....***

*Tai Chi Classes Offered*

For older adults 60 years of age and older,  
At the Lawrence Twp. Senior Center  
30 Darrah Lane, just off of Route 1  
Lawrenceville, NJ 08648

Eight Sessions: Starting: March 26, 2018

Mondays - 10:30 am - 11:30am

Flat fee of \$30.00 for Lawrence Seniors,

Payable in Advance, (Non-resident fee doubled).

To Register Visit or Call Us 609 844 -7048.