

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: September 24, 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.