

# Virtual **TAI CHI** for Older Adults

***This workshop is FREE!***

**Starts August 27th, 2020  
Every Thursday 10 AM-11AM**

*Space is limited.  
No special equipment needed.*

**To register** call the BCAA  
at **267-880-5744** or email  
**[aging@buckscounty.org](mailto:aging@buckscounty.org)**



## **IMPROVES...**

Balance  
Core Strength  
Circulation  
Flexibility

*Taught by a  
certified Tai Chi  
Instructor using  
"Zoom"— A  
webcam will be  
necessary for both  
the instructor and  
student to  
see each other.*

## **HELPS TO...**

Reduce Social Isolation  
Lessen Stress  
Lower Blood Pressure  
Decrease Fall Risk

Follow us on...



**Bucks County Area Agency on Aging • 55 E. Court Street, 3rd Floor • Doylestown, PA 18901**

