



Press Release

Tai Chi Classes

At Recreation & Senior Centers

Who: El Paso Parks and Recreation Department

What: Benefits of Tai Chi

When: Monthly Classes

Where: Various Parks and Recreation Centers

The Health Newsnet, which provides news releases on the latest medical and health advances from the University of Florida Health Science Center reported that a regular *Tai Chi* exercise program can help people better control their diabetes and lower glucose levels, according to a University of Florida study.

Tai chi is an ancient Chinese martial art that combines deep breathing and relaxation with slow, gentle circular movements. This low-impact exercise uses shifts in body position and stepping in coordination with arm movements.

To join a *Tai Chi class* with El Paso Parks & Recreation please visit centers below or call them for more information:

Class	DAYS	TIME	CENTER/AREA
Tai Chi	M & W	10-11 AM	HILOS DE PLATA 4451 Delta ~ 79905 Phone: 533-3207
Tai Chi	T & TH	10-11 AM	WESTSIDE 7400 High Ridge ~ 79912 Phone: 587-1623
Tai Chi	M & W	5:30-6:30 PM	WESTSIDE 7400 High Ridge ~ 79912 Phone: 587-1623

Resident Fee: \$19/month Non-Resident Fee: \$24/month
Senior Resident Fee: \$10/month



Friday, October 16, 2009

Mayor
John F. Cook

City Council

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Susie Byrd

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Rachel Quintana

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City Manager
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