



ANTELOPE VALLEY COLLEGE

Community Services

3041 West Avenue K, SSV 126, Lancaster, CA 93536

Phone: (661) 722-6300 ext. 6584 Fax: (661) 722-6583

Tai Chi for Health & Fitness



This ancient form of martial arts is gentle, calming, relaxing, centering, slow-moving and meditative.

- ❖ Good health is promoted through balance, breathing, stress relief, flexibility, coordination, joint strength, safety awareness, and longevity.
- ❖ Movement, stretching and breathing exercises provide deep relaxation and stress release.

Register with Corporate & Community Services for this course.

Mondays

2/8/10-5/31/10

6:30 – 8:00 p.m.

FA4 186

Fee \$10 (per meeting)

Reasonable accommodation statement:

Upon request three days before the event, reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360 (voice) or (661) 722-6362 (TDD).