

# Join us in Penfield for an INTRODUCTION TO TAI CHI!

Join us outside of Ashley Woods, part of Episcopal SeniorLife Communities, (or online via Zoom) for an introduction to Tai chi designed to improve balance, lessen the risk of falling, reduce pain, and increase range of motion.



**TUESDAY, JUNE 15, 2021\***  
**11 AM to NOON**

Ashley Woods | 400 YMCA Way | Penfield, NY 14526  
(Adjacent to the Eastside YMCA)

**\*This event is weather permitting.**  
Rain date: Tuesday, June 22 at 11 am.

*The featured sponsor for this Information & Inspiration offering is Episcopal SeniorLife Communities.*



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**SENIORLIFE**  
Communities

Life. Inspired every day.



**UPDATE:** With the new CDC, state, and county guidance, masks are NOT required outside if you are vaccinated. Out of an abundance of caution, we ask you to please maintain social distance with anyone not in your household if you are joining us in person. Please wear a mask if you are unvaccinated.

## RESERVATIONS ARE REQUIRED.

Register online at [www.lifespanrochester.org](http://www.lifespanrochester.org) or call Sarah at 585-287-6439.

THIS EVENT IS A PART OF LIFESPAN'S MAY 2021 INFORMATION & INSPIRATION SERIES AND WE THANK ALL OF OUR SPONSORS.

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