

LIVE WELL @ THE JCC

TAI CHI

We are very happy to welcome a new Tai Chi instructor. Bob Matland is a resident of Edison and is the owner of the Black Belt Institute in Metuchen. Bob has been teaching Tai Chi since 1999 after receiving instruction from 4 different Master and Grand Master instructors. Bob enjoys teaching Tai Chi to all members of the community and understands the importance of this form of exercise for the older adult.

Tai Chi is an ancient Chinese tradition that is practiced today as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**INSTRUCTOR:
BOB MATLAND**



DATE: MONDAYS MAY 7, 14 JUNE 4 & 11 (No class May 21 & 28)
TIME: 9:00 AM
COST: FREE FOR Community Campus members; \$45 LIVE WELL @ the JCC Registration Fee for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through June 11, 2018.

MUST REGISTER!

Sorry, No Refunds

Program available to individuals 55 years of age and older



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