



Tai Chi in the Park At Forest Park

Sponsored by

City of Springfield

Department of Elder Affairs

Funded by

Commonwealth Care Alliance

FREE ADMISSION TO THE PARK

Tuesday's and Thursday's at 10:00 am

First session begins June 5th ends July 12th

Next to Cyr Arena Skating Rink

(Please use the Sumner Avenue entrance and take the 2nd left)



Mayor Dominic Sarno



Tai Chi with Margery Gerard

Tai chi combines a type of meditative relaxation process with flowing movements, which results in benefits to both the power of the body and the mind. While tai chi attracts people of all ages, tai chi can be especially beneficial to those who have arthritis, are recovering from injuries or have difficulties in working with any but the lowest impact exercises.

Margery has over 13 years of experience in Tai Chi with Master Wang and has traveled with him to China, England and Ireland to master her technique. Margery is the proud recipient of silver and bronze medals from New England International Chinese Martial Arts Festival and is very passionate about her craft.

Come join her for Tai Chi!!!

For additional information please call 413.886.5241