



Cambridge Senior Center (806 Mass. Ave.)

Mindfulness Classes



Balance Chi Kung Class

**Tuesdays,
11:30 a.m. – 12:30 p.m.**

In-person

Learn basic Tai Chi principles with the gentle, slow repetitive movements of Chi Kung. Over time, this may increase balance, and encourages you to find a way to allow your body to move in a relaxed way. The class begins and ends with meditation.

Please remember to bring your water bottle.

Always consult your physician before beginning any exercise program.

To register, call the Council on Aging at 617-349-6220.



This program is for ages 60 years and older.

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

www.cambridgema.gov/CouncilOnAging • 617-349-6220