

 *Parker Women's Club* 

Cordially invites you to our October 2019 Meeting

Thursday, October 17th at 11:00 AM

Fall for Safety Taking Tai Chi Indoors

Join us for a healthier and happier and more BALANCED YOU!

Tai chi is a gentle exercise that helps improve balance and prevent falls... Studies have found that **tai chi** can also improve leg strength, cardiovascular endurance, flexibility, immune system, sleep, and happiness, in addition to improving mental concentration.

A local instructor will guide us through some basic **Tai Chi** slow movements.

Learn the beautiful Plum Blossom Fan Form.



Victory Church
6301 Parker Road
Parker



The Parker Women's Club is an organization that provides an opportunity for the women of Parker to support their city. The Club offers an avenue for community service, charity and fellowship.