

# Join us in 2012 and be healthier this year!

# Balancing Act

**Wednesdays – 10 AM**

A one hour exercise class designed to improve balance and coordination and prevent falls in older individuals. Classes are taught by a physical therapist from the Whitefish Sports Center and are offered FREE of charge.

# Yoga for Healthy Aging

**Tuesdays – 9:30 AM**

Stretching and Yoga for improved flexibility and improved health. Classes are just \$5 (\$3 for Whitefish Community Center members.)



# Tai Chi

**Mondays – 10:30 AM**

If you're looking for a way to reduce stress, consider tai chi (TIE-chee). It promotes serenity through gentle movements — connecting the mind and body. Taught by John Alaniz who has over 20 years experience. Classes are FREE but donations are accepted.



**All Classes are held at the  
Whitefish Community Center  
121 E Second St.  
(406) 862-4923**