

# Beginner Tai Chi Class

Led by CeCe Bechtel

Starting May 9<sup>th</sup>

1:30-2:30

This class will be held Tuesdays and Thursdays

Butler County Senior Services

592 D St David City NE

Tai Chi is a great way to keep or regain your  
balance and core strength

This is a 60 or older class

Please call the Center if you are interested

402-367-6131

