



~Lunch N' Learn~

Stan Cohen
presents

"Chi For Living and Chi for Caring"

Chi for Living is a balance and mobility program teaching fitness movement for daily activities geared towards those who want to remain active as they age. Chi for Caring is basically the same program with modifications made for an older senior audience and incorporates more seated / chair based movements.

The presentation will cover the benefits of the movements and includes interactive demonstrations of seated and standing exercises

As a balance and general mobility program, the movements focus on building leg strength and range of motion. Based in Tai Chi / Qigong principals,

This movement in the program benefit: coordination, concentration, balance, core strength, range of motion / flexibility, oxygen intake, and stress reduction

Date: **Tuesday, June 20, 2017**

Time: 12:00 PM – 2:00 PM

Place: Mountaintop Church

6 Naughtright Road, Hackettstown

Complimentary luncheon is served.

MUST REGISTER

by calling the Senior Resource Center at **908-879-2202**

-Seating is limited-

Sponsored by the **Senior Resource Center**

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www.SeniorResourceCenter.org