

“TAI CHI FOR ARTHRITIS, BALANCE & FALL PREVENTION” just one of the exciting events with Grandmaster Franklin at Sun City Tai Chi Club this March.

March 16 at Bell SH2 begin a fun day 10:00AM to 12:00PM: “Tai Chi for Arthritis, Balance & Fall Prevention” Listen, ask questions, try moves to ease stiff joints, improve flexibility, strength, and confidence. Harvard Medical School calls it “the perfect activity for the rest of your life.” \$15 for RCSC cardholders add \$2.50 for escorted guests.

At 1:00PM: Chinese Tea Ceremony. First time ever, relax with the picturesque story and beauty of this peaceful tea tradition. Bring mats, blankets and pillows. Chairs provided.

At 2:15PM: float away cares with the serene Singing Bowls Meditation.

Cardholders pay \$7 per each afternoon event. Add \$2.50 per event for escorted guest.

March 14, Fairway AZRM 4: 10:00AM to 12:00PM Tai Chi Workshop for Beginners & all Tai Chi 108 students past and present. Guided by Grandmaster Franklin.

March 15, Fairway AZRM 3: 10:00AM to 12:00PM Tai Chi Workshop for Intermediate & Advanced Tai Chi 108 students past and present. Guided by Grandmaster Franklin.

Each Workshop is \$15 for RCSC cardholders. Add \$2.50 for escorted guests.

Grandmaster Franklin has taught Tai Chi, Qi Gong, Kung Fu for 50 years. Students enjoy his humble, fun teachings and his generosity in sharing his knowledge.

Questions: call: Elisa 480-710-8497, email: emcarthur1@cox.net. Website: <http://sctaichi.wix.com/sc-tai-chi-club>

