

**S.A.S.C.I.**

**Sterling Senior Center**

**907-260-6808**

**34453 Sterling Hwy. Sterling, AK**

**[sterlingseniors.org](http://sterlingseniors.org)**



**Wed & Fri  
11am - 12pm**

Tai Chi is a healthy pro-gram that can be done sitting in a chair or standing up holding onto a chair. It will increase your strength, give you better balance, and improve your flexibility. The program will be on DVD. Move and breathe your way to a newer, healthier YOU! The days and times are **Wed & Fri 11am to 12pm**. If you are interested in participating please let us know. Call or send an email:

***[sterlingseniorcenter@gmail.com](mailto:sterlingseniorcenter@gmail.com)***