



 **GENACROSS®** TOLEDO CAMPUS
LUTHERAN SERVICES

The Art of Tai Chi for Fall Prevention

Saturday, November 18, 2017
10 a.m.

Community Room
Refreshments provided.



Presented by:

Teresa Sutter, M.Ed., LPTA

Executive Director of Rehab Services at Genacross
Lutheran Services and a Certified Tai Chi Instructor

During this program, you can learn about Tai Chi and its benefits,
see a Tai Chi demonstration, try some simple movements, and
get your questions answered.

Genacross Lutheran Services-Toledo Campus
(Formerly Lutheran Home at Toledo)

131 N. Wheeling Street, Toledo, OH

Please RSVP to Myndi at 419.724.1841.