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| Waiver/Privacy Notice Email  | Greetings! I’ve attached our Tai Chi Participation Waiver and Privacy Policies to this email. If you acknowledge that you have received these documents and understand their contents, please respond to this email with “I agree”. After I receive your response I will send your invitation to the virtual classroom. Thank you! |
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| TCHB SG1 – May 4, 10am | Thank you for registering for virtual Tai Chi for Health and Balance! Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise that is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi can help quiet the mind with slow methodical movements that have been proven to improve balance and lessen the pain associated with arthritis.Class will meet on Mondays and Wednesdays from May 4 – June 29, and will run from 10:00-11:00am. There will be a total of 16 sessions; to effectively and safely learn the movements we ask you attend every session. Your instructors will be Maura Smith and Jen Paquet. The virtual classroom will open 15 minutes prior to the class start time. Please join with your webcam and microphone enabled. If you need technical assistance prior to class starting, please contact Jen Paquet by responding to this email or calling \_\_\_\_\_\_\_\_\_\_\_\_. Virtual classroom link: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_We look forward to seeing you in the virtual classroom on Monday, May 4! |
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| **CLASS IS FULL** SG2 – May 12, 1pm | Thank you for registering for virtual Tai Chi for Health and Balance! Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise that is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi can help quiet the mind with slow methodical movements that have been proven to improve balance and lessen the pain associated with arthritis.Class will meet on Tuesdays and Thursdays from May 12 – July 2, and will run from 1:00-2:00. There will be a total of 16 sessions; to effectively and safely learn the movements we ask you attend every session. Your instructors will be Jackie Cressy and Jen Paquet. The virtual classroom will open 15 minutes prior to the class start time. Please join with your webcam and microphone enabled. If you need technical assistance prior to class starting, please contact Jen Paquet by responding to this email or calling \_\_\_\_\_\_\_\_\_\_\_\_. Virtual classroom link: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_We look forward to seeing you in the virtual classroom on Tuesday May 12! |
| SG3 – May 11, 1pm  | Thank you for registering for virtual Tai Chi for Health and Balance! Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise that is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi can help quiet the mind with slow methodical movements that have been proven to improve balance and lessen the pain associated with arthritis.Class will meet on Mondays and Fridays from May 11 – July 13, and will run from 1:00-2:00pm. There will be a total of 16 sessions; to effectively and safely learn the movements we ask you attend every session. Your instructors will be Jennifer Fortin and Jen Paquet. The virtual classroom will open 15 minutes prior to the class start time. Please join with your webcam and microphone enabled. If you need technical assistance prior to class starting, please contact Jen Paquet by responding to this email or calling \_\_\_\_\_\_\_\_\_\_\_\_. Virtual classroom link: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_We look forward to seeing you in the virtual classroom on Monday, May 11! |