

## ATTENTION EMPLOYEES: TAI CHI CLASSES BEING OFFERED

Tai chi helps reduce stress and anxiety while increasing flexibility and balance. During this class, you will learn a series of gentle physical exercises and stretches performed in a slow, focused manner accompanied by deep breathing.

According to the Mayo Clinic, this is a low impact form of exercise that puts minimal stress on joints, making it generally safe for all ages and fitness levels. It is especially suitable if you are an older adult who otherwise may not exercise.

Sheldon Howard will teach this class. He is the Wellness Director at the Fulton County YMCA. A tai chi practitioner for over 30 years, he has an M.S. in Exercise Physiology and certification as a Personal Trainer and Exercise Physiologist from the American College of Sports Medicine.

You will attend three classes in a series (one one-hour class per week) over a three-week period.

The classes are free of charge to employees who have a Fulton County YMCA membership through Lexington. Employees who do not have a YMCA membership will be charged a total of \$15 to take all three classes. *Eligible employees who attend all three of their scheduled weeks may claim the Make Prevention a Priority Bingo box for a Lexington Wellness On-site Class.*

**In order to provide the tai chi classes, we need at least 10 employees registered to attend for each period. If you would like to participate, please fill out the bottom half of this form and return it to Bridgett Nestor in the Human Resources Office at 127 East State Street by May 10, 2017. If you do not have a Fulton County YMCA membership through Lexington, you must include your payment of \$15. If you are paying by check, please make the check out to "Lexington." Thank you. If we do not have the number of employees needed to hold the class, your check will be returned to you or your cash will be refunded.**

If you have any questions, please contact Bridgett Nestor at (518) 775-5422 or via email at [nestorb@lexcenter.org](mailto:nestorb@lexcenter.org).

**Name:**

**Employee ID Number:**

**Contact Phone Number:**

**Circle the three-week session you will be participating in:**

**Session 1:** Friday, May 19, 26 and June 9, 3:30PM at 405 County Highway 114, St. Johnsville - Multipurpose Room

**Session 2:** Friday, May 19, 26 and June 9, 7:30AM at 127 E. State Street, Gloversville - Gymnasium