

Portland Parks & Recreation

P.O. Box 71
Portland, CT 06480
860-342-6757
860-342-6763 Fax



TAI CHI FOR LONG LIFE



Tai Chi For Long Life is a unique health & fitness program designed to help relieve chronic pain & sickness, reverse many symptoms associated with normal aging, significantly reduce the harmful effects of stress, instill a deep sense of calm and relaxation, increase vitality and improve one's overall quality of health. Tai Chi has been proven through scientific studies to, among other things, improve balance, alleviate arthritis, reduce bone loss due to osteoporosis and manage blood sugar levels.

FALL 10- Week Session

Dates: Wed. Sept. 12 to Nov. 14 9:30 a.m.

Dates: Sat. Sept. 15 to Nov. 17 11:00 a.m.

Site: Buck Foreman Comm. Ctr.

Your Instructor is Ken Zaborowski

One Class per week \$42

Two Classes per week \$82

The drop-in fee is \$6.00 per Class

For Program Updates &/Or Cancellations, please call the Hot Line 860-262-7234

ADULT FITNESS INFORMATION WAIVER

PORTLAND PARKS AND RECREATION

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763

www.portlandct.org

Participant's Name: _____ Phone Number: _____

Street Address _____ Apt. # _____ Town: _____ Zip Code: _____

Emergency Contact : _____

Home Phone # _____ **Work Phone:** _____ **Cell Phone #** _____

In case of an emergency, may we transport via ambulance? Please circle: Yes No

	<u>Program(s)</u>	<u>Date & Time</u>	<u>Fee</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland **DO NOT** assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department.

(Print Name)

(Signature)

(Date)