



MIAMIBEACH

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PRESS RELEASE

Recreation on the Move... Tai Chi for Seniors!

Miami Beach, FL – The City of Miami Beach Parks and Recreation Department is delighted to announce the start of “Recreation on the Move” (Tai Chi classes for seniors at Rebecca Towers). The Senior Scenes program will be traveling to Rebecca Towers located at 150 Alton Road to teach Tai Chi to seniors in order to improve their flexibility, balance, and strengthening. The classes began on Wednesday, November 5th, 2008 and will be held once a week. A big round of applause goes out to the seniors that are participating and are encouraged to tell their friends about this great new program.

For more information on Recreation on the Move Tai Chi for Seniors, please contact Joann Glenn at 305-861-3616.

Look for future events and other Miami Beach Parks and Recreation programming in your Recreation Review, call our offices at 305-673-7730 or visit our new and improved website at www.miamibeachparks.com.

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