ADDISON COUNTY TAI CHI CLASSES
Contact information for each class is listed below. Please call to register.

**SUN STYLE FALL PREVENTION**
**BASIC LEVEL 1, 2, 3**
Holly Hall, 1 South St, Bristol
Mondays, 9:30 am - 10:45 am
Starting: 10/7/19 – 4/27/20
Instructor: Jerry Henderson, jalhend@gmvvt.net

**SUN STYLE 73 - LONG FORM**
Unity Hall Congregational Church
30 N Pleasant St, Middlebury
Mondays, 4:00 pm - 5:30 pm
Starting: 10/14/19 – 5/18/20
Instructor: Jerry Henderson, jalhend@gmvvt.net

**ADVANCED SUN STYLE 73 - LONG FORM**
Holly Hall, 1 South St, Bristol
Wednesdays, 10:00 am - 11:00 am
Starting: 10/2/19 – 12/18/19 and 1/8/20 – 5/19/20
Instructor: Jerry Henderson, jalhend@gmvvt.net

**INTERMEDIATE YANG STYLE 24 FORM**
Holly Hall, 1 South St, Bristol
Wednesdays, 11:00 am - 12:00 pm
Starting: 10/2/19 – 12/18/19 and 1/8/20 – 5/19/20
Instructor: Jerry Henderson, jalhend@gmvvt.net

**INTERMEDIATE TAI CHI FOR FALL PREVENTION (PART 3)**
St. Peter’s Parish Hall, Vergennes
Tuesdays and Thursdays, 10:45 am –11:45 am,
Starting: 9/17/19 - 12/12/19
Must have taken beginner class or instructor permission
Instructor: Lee Francis, lhfrancis839@gmail.com or 802-877-2464

**IN-DEPTH TAI CHI FOR FALL PREVENTION**
Bixby Memorial Library, Vergennes
Wednesdays, 9:15 am - 10:00 am
Starting: 9/18/19 - 12/11/19
Must have taken Beginner & Intermediate Tai Chi for Fall Prevention or instructor permission.
Instructors: Beverly Blakeney, Beverlyblakeney@gmail.com and Doreen Peterson, doreenvermont@gmail.com

**BEGINNER TAI CHI FOR FALL PREVENTION (PARTS 1 & 2)**
St. Peter’s Parish Hall, Vergennes
Tuesdays and Thursdays, 9:30 am - 10:30 am
Starting: 9/17/19 - 12/12/19
Instructor: Dan Bagley, bagzs@yahoo.com

**SUN STYLE 73 - LONG FORM**
Bixby Memorial Library, Vergennes
Wednesdays, 10:15 am - 11:45 am
Starting: 9/18/19 - 12/11/19
Must have taken Beginner and Intermediate Tai Chi for Fall Prevention or instructor permission.
Instructors: Beverly Blakeney, Beverlyblakeney@gmail.com and Doreen Peterson at doreenvermont@gmail.com

**TAI CHI LEVEL I & II**
United Church of Johnson
Tuesdays, 10:00 am
Starting: 9/17/19
Instructor: Suzan Juskiewicz, 802-644-5606

**TAI CHI LEVEL III**
United Church of Johnson
Thursdays, 10:00 am, Starting: 9/19/19
Instructor: Suzan Juskiewicz, 802-644-5606