New River Offers Tai Chi Workshop for Seniors

[LEWISBURG, WV] Beginning September 9, New River Community and Technical College will offer an exciting three-day Tai Chi workshop for seniors at the Greenbrier Valley Campus Jefferson Office Park location in Lewisburg, WV. Get yourself back in the best shape you have ever been. Come prepared to laugh and learn an ancient area of exercise.

Tai Chi Master Mitzi Marricco will lead students through the 38 basic steps and short form of Tai Chi. In these sessions she will explain the moves in a philosophical way so that participants understand each movement. This workshop will be great fun and, according to Marricco, the exercises can help with arthritis, migraines, concentration and much more.

Marricco is a motivational speaker and Tai Chi Master from Butler, PA. Trained in Toronto, Canada, she has taught Tai Chi to over 5000 students. She is a TV host, poet, teacher at Chataqua Institution with Elderhostel, and is currently ranked sixteenth in the world as a fencer. Her company, Canadian Connection Tours, brings visitors from Canada to America and takes Americans to Canada.

The workshop will be held over three days, September 9-11, from 10-11:30 AM. Preregistration is required by September 2. Cost for the workshop is $50 per student. To register, or for more information, please contact New River at (304) 647-6570 or (304) 793-6101.

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