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**CITY OF KEARNEY**  
**PRESS RELEASE**  
***For Immediate Release***

Issued Date: February 10, 2025

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**Tai Chi**

The Kearney Park and Recreation Department is currently accepting registration for Tai Chi Beginner and Advanced classes. Tai Chi can help decrease your risk of falls by improving your balance, flexibility, and strength. Clint Jones, MD, and Holly Warth, retired RN, will teach the classes. Tai Chi will be held Mondays and Wednesdays, March 17 to April 23, at the Harmon Park Activity Center for people age 50 and older. The Beginner class is 10:00-10:45am, and the Advanced class is 11:00-11:45am. All participants must take the Beginner class before being eligible for the Advanced class. Cost of the Tai Chi classes is \$72. Enrollment is limited. To register, or for more information, call 308-237-4644, or sign up online at [KPRreg.org](http://KPRreg.org).

**Check out our website at [www.cityofkearney.org](http://www.cityofkearney.org).**

*We are sending this News Release as a service to the news media and citizens of Kearney.*