

Tai Chi Class Postponed 03/16/2020

To protect our community HMFC has postponed routine services. This service modification is due to recommendations from the Centers for Disease Control (CDC), Wyoming Department of Health and our local Public Health Department. Social distancing guidelines are expected to reduce the number of cases in our area.

The new Tai Chi Class for Arthritis Management and Falls Prevention has been temporarily postponed. The class began March 4th and was scheduled for the 3rd session March 18th. "It has been a great success. Seventeen participants attended the class. Participants were enjoying learning the gentle, slow movements of this class," states the instructor, Dawn Garrison. While the class is postponed for the next several weeks, Garrison encourages participants to continue to practice the first 3 Movements. The class will restart as soon as the Corona Virus situation stabilizes.

We appreciate your support and patience with us as we navigate this nation-wide emergency. Garrison reminds participants, "One way to stay healthy is to continue to practice Tai Chi daily." Stay well.