

January 6, 2017

## Daoyin Class for Seniors of Lexington

### Comments about the Daoyin class

Class address: Lexington Community Center

Your Name:

ALEX G. FEDOROFF

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#### Comment

As far as I am concerned, this is the best program that the Sr. Ctr. could offer. From a physical point of view, it has given me a number of exercises which have been invaluable in helping me deal with my back problems which are so severe that it is difficult to even walk at times.

The meditative and calmness associated with all the movements are also a very important part of the program, and are very relaxing in these stressful times.

This course has the highest recommendation I could make.

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Your Name:

Michael Friedman

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#### Comment

I think that this is an ideal class for seniors to get started in this type of exercise. I enjoyed it immensely, and hope that it will continue at the Lexington Comm. Ctr.

January 6, 2017

## Daoyin Class for Seniors of Lexington

### Comments about the Daoyin class

Class address: Lexington Community Center

Your Name:

Polly Erickson

#### Comment

This class is wonderful. The teachers are excellent and the movements help my body. I am so pleased that we have this class.

