



Photo by ROBIN BOYLE

'Yoga in motion'

Hilmar Fuchs, instructor at the Wellness Center, leads a class in beginning tai chi, "Fun, easy, effective Tai Chi," which has been described as "yoga in motion," a moving meditation - a key to relaxation, increased focus and concentration. For more information about classes at the Wellness Center of Cape Coral, an affiliate of Lee Memorial Health System, call 573-4800.