

Tai Chi

A Gentle Practice Integrating Physical & Mental Well-Being



Tai Chi is described by the Harvard Medical School as “medication in motion,” due to its many health and well-being benefits for individuals of all ages and abilities.

Tai Chi is a low-impact physical and mental practice that consists of slow, circular movements. Meant to be practiced regularly to receive its full benefits, tai chi can be easily adapted to meet your unique mobility and fitness needs.

Regular tai chi practice has been shown to improve balance, cognitive functioning, blood pressure, and even alleviate arthritic pain. Its mental health benefits include stress reduction and improved concentration.



Meet Our Instructor **Chris Pierce**

Instructor Chris Pierce is certified in Tai Chi for Arthritis and Falls Prevention.

Sign-Up Today!

- ✓ **Introductory Tai Chi***
Every Mon., 11:30am–12:30pm
Class Price: FREE
(recommended first class for those completely new to Tai Chi)
- ✓ **Tai Chi for Beginners**
Every Tues. & Thurs., 11:30am–12:30pm
Class Price: \$5 per class session
- ✓ **Held In Person at the Trager Institute and Virtually**
Have questions about technology? Contact us!
- ✓ **Equipment Needed:**
 - Comfortable clothes
 - Approx. 6 ft. of clear space
 - A chair or something to help with balance (optional)
 - A notebook and pen to take notes (optional)



Call **502-588-0433** or visit **www.tragerinstitute.org/tai-chi** to register for an upcoming Tai Chi class.