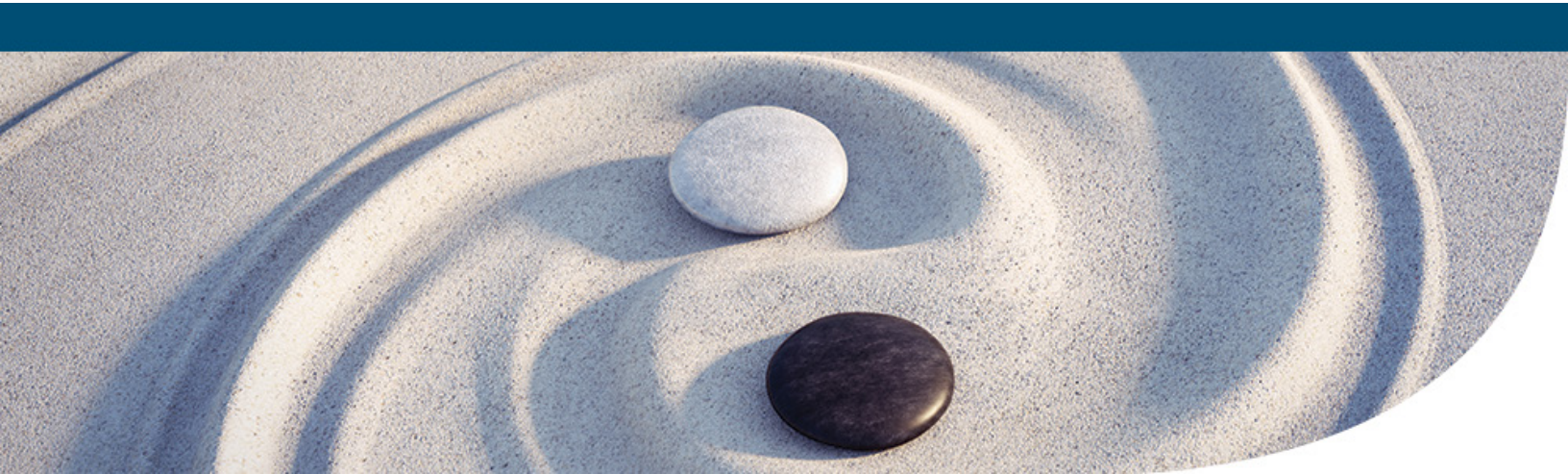


# Tai Chi Classes

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.

We currently offer two tai chi classes: Introductory Tai Chi and Tai Chi for Beginners. We welcome you to learn about this weekly practices, meet our instructors, and join our community!



Meet Our Instructor

**Chris Pierce**

*“Through the practice of Tai Chi, we have a highly accessible means to help improve the physical, mental, and emotional aspects of our lives.”*

## Sign-Up Today!

- ✓ Introductory Tai Chi\*  
Every Monday, 11:30 am - 12:30 pm  
*(recommended first class for those completely new to Tai Chi)*
- ✓ Tai Chi for Beginners:  
Every Tuesday & Thursday, 11:30 am - 12:30 pm
- ✓ Class Price: \$5 per class session
- ✓ Held Virtually  
Have questions about technology? Contact us!
- ✓ Register at:  
[www.tragerinstitute.org/tai-chi](http://www.tragerinstitute.org/tai-chi)

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204 E. Market St., Suite A, Louisville KY

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Call 502-588-4340 or visit [www.tragerinstitute.org/tai-chi](http://www.tragerinstitute.org/tai-chi)  
to register for an upcoming Tai Chi class