



TAI CHI FOR HEALTH & BALANCE



Q. What is Tai Chi for Health & Balance?

A. Tai Chi for Health & Balance is an interactive, group workshop that is offered as a one-hour, 16 session program that may meet once or twice a week. Depending on the workshop size, it is led by one or two certified facilitators.

Q. Who can benefit from Tai Chi for Health & Balance?

A. The workshop is ideal for all ability levels and is effective across ages. Individuals seeking to increase physical activity, reduce falls, or manage conditions, including but not limited to arthritis, pain, and Parkinson's Disease, can benefit from this workshop. Caregivers, friends, and family members can also benefit from this program as they learn skills and resources to support their loved ones.

Q. What does Tai Chi for Health & Balance do for participants?

A. Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.