

Please join us as we offer two free Beginning
Tai Chi classes*!

Tai Chi



Friday, June 16 from 12-1 p.m.
Wednesday, June 21 from 12-1 p.m.

Why Tai Chi?

Practicing Tai Chi helps improve range of motion, balance and reduces joint pain. Also referred to as “meditation in motion,” Tai Chi makes excellent use of the mind in relaxing muscles while moving and increases one's body awareness for better movement control.

- * Classes are intended for older adults who are seeking to improve their quality of life.
- * Each session will focus on improving mobility, strength, and balance.

*Please consult with a physician
before beginning any exercise program.*

304-876-5300

www.shepherdwellness.com

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Center*