

# Free Beginning Tai Chi Classes!



Every Tuesday, from 12-1 p.m.  
beginning July 11<sup>th</sup>

## Why Tai Chi?

Practicing Tai Chi helps improve range of motion, balance, and reduces joint pain. 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.
- \* This is the 2<sup>nd</sup> offering of our Exercise as Medicine programming.

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

304-876-5300

[www.shepherdwellness.com](http://www.shepherdwellness.com)

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Center*