



*Learn the ancient "Movement Art" of Tai Chi  
as you improve your balance & overall health!*

## *Tai Chi for Balance*

### ☯ Benefits of Regular Tai Chi Practice:



- Improved Balance & coordination
- Improved muscle strength & stamina
- Better posture & body awareness
- Increased flexibility & range-of-motion
- Decreased pain & stiffness
- Improved ability to cope with stress
- Increased circulation, heart & lung function
- Improved focus & concentration
- Exercises both body & mind
- Deep sense of physical & mental relaxation

*Safe, gentle and appropriate for all ages and most fitness levels!*

Program: 8 Week Program  
Dates: Thursday, March 9, (no class 3/16), 23, 30, April 6, 13, 20, 27, May 4.  
Time: Program: \*11:30 am – 12:30 pm  
Location: Greenbriar Aerobics Room – Pls. Register at Concierge Desk  
Cost: \$52.00 (min. 8 participants / max. 15) Sorry, no refunds for missed sessions

☯ Tai Chi for Balance is based on the Tai Chi for Arthritis program developed by Dr. Paul Lam, Founder of the Tai Chi for Health Institute. ☯ Tai Chi for Arthritis recently received recognition by the U.S. Center of Disease Control and the U.S. Dept. of Health & Human Services and is endorsed as an evidence based program that is effective for fall prevention.

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