



## **WHY TAI CHI?**

HOUR TO HOUR, TAI CHI IS PROBABLY THE MOST EFFECTIVE EXERCISE FOR YOUR ENTIRE WELLBEING

# **TAI CHI**

**AGES 55 AND OLDER**

**INSTRUCTOR: MARCIA LETOURNEAU**

**FEBRUARY 5, 2025 TO MARCH 12, 2025**

**WEDNESDAYS, 11:30AM TO 12:30PM**

**SENIOR CENTER (SLIVER CLOUDS)**

**4477 SOUTH COUNTY TRAIL**

**CHARLESTOWN, RI 02813**

**FOR MORE INFORMATION CONTACT: SUSAN BRADANINI, RN SUPERVISOR**

**NIHC OFFICE OF COMMUNITY HEALTH PROGRAMS**

**401-364-1263 EXT.123**

ORIGINATING IN ANCIENT CHINA, TAI CHI IS AN EFFECTIVE EXERCISE FOR HEALTH OF MIND AND BODY. CARDIO-VASCULAR FITNESS, STRENGTHENING, FLEXIBILITY AND IMPROVES POSTURE.

TAI CHI SIMPLY OFFERS A TOOL TO HELP YOU COPE WITH BUSY, MODERN-DAY LIFE BY APPRECIATING THE TRANQUILITY AND THE NATURE AROUND YOU. SPIRIT IN THIS CONTEXT REFERS TO SIMPLY FEELING GOOD AND POSITIVE RATHER THAN "SPIRIT" IN THE SENSE OF RELIGIOUS OR OCCULT.

SCIENTIFIC STUDIES SHOW THAT TAI CHI IMPROVES AND POSSIBLY PREVENTS CHRONIC CONDITIONS SUCH AS ARTHRITIS, HEART DISEASE AND DIABETES.