
Tai Chi for Health

Skill Development, TCA thru Sun 73

Tucson, January 27, 2018



Who should attend?

Everyone interested in beginning tai chi or developing an existing tai chi practice. Apply Tai Chi principles, proven teaching method. Tai Chi for Health - making Tai Chi accessible to everyone, offering a progression to suit individual goals.

What is Tai Chi?

A gentle exercise that combines breathing, slow movement, and mental focus.

Proven to reduce falls, increase overall wellness, and quality of life.

What are the benefits?

- Increase strength, balance, resilience
- Reduce stress and increase relaxation
- Prevent falls
- Improve posture, structural alignment
- Enhance memory and cognition
- Have fun in a safe, welcoming space

Cost: \$20 for Intro/skill development TCAFP and TCA2, noon-2 pm. \$30 noon-4, Sun 73 forms.

When/Where: Saturday Jan 27, 2018 Junior League of Tucson. 2099 E River Rd
Intro and skill development for all, TCAFP and TCA2, Noon- 2pm
Participants working on Sun 73 forms are encouraged to attend Noon-4.

Reserve your space: email events@heatherchalon.com

Evidence-based program recommended by CDC, Health Departments, Arthritis Foundation, Administration on Aging.
Lead by Heather Chalon, MPH, Master Trainer
Information at www.heatherchalon.com