



# Tai Chi for Health

*“Empowering people to improve  
their health and wellness”*

Tai Chi for Health Institute’s core program, Tai Chi for Arthritis, has been shown to prevent falls, reduce pain, improve physical and cognitive function, enhance self-efficacy, relieve depression and increase health-related quality of life.

**Our instructors are trained to offer safe, effective, enjoyable classes.**

Find certified, compassionate instructors on our website calendar; learn how you can become certified to lead classes in your community, contact Heather Chalon, MPH, Master Trainer, Tai Chi for Health Institute.

Visit [www.heatherchalon.com](http://www.heatherchalon.com)

Or email [heather@heatherchalon.com](mailto:heather@heatherchalon.com)

Or phone [520-780-6751](tel:520-780-6751)

Evidence-based program recommended by The Centers for Disease Control (CDC), the Administration on Aging (AoA), Arthritis Foundation, Arizona Department of Health Services and

alzheimer’s  association®