

# T'AI CHI CLASSES

**Start September 14<sup>th</sup>**

Kratz Wellness Center, Clark County Hospital

## **BENEFITS OF T'AI CHI FOR SENIORS**

- Increase balance and energy
- Improves flexibility, range of motion and joint movement
- Decreases joint discomfort and constriction
- Gentle, non-impact exercise that increases blood flow
- Benefits mental acuity and increases relaxation

### **ABOUT T'AI CHI:**

T'ai Chi is a unique exercise that simultaneously heals the physical, mental, emotional and spiritual body.

### **IMPORTANCE FOR SENIORS:**

Seniors can find no better exercise in the world than T'ai Chi. T'ai Chi helps build bone mass and connective tissue, with zero joint damage, according to some studies.

### **CLASS INFORMATION, COST AND DATES:**

- CLASSES BEGIN ON September the 14<sup>th</sup> and 5pm and continue every Thursday for 8 weeks.
- Each session lasts from 5:00-6:00pm
- The eight-session class costs \$40.00-\$5.00 per class
- Classes will be held in the conference room at the Kratz Wellness Center, 1220 Missouri Ave, Jeffersonville.
- Dress comfortably in loose clothing and be ready to "Catch the Flow"
- For more information call 812-283-2600 or Dan at 812-944-7351