



# *TAI CHI*

*For Relaxation &  
Good Health*



**Tai Chi** is an ancient Chinese martial art that promotes well being by circulating the "chi" of the body through a series of slow, relaxing and controlled movements.

Great for reducing stress and anxiety, improving balance, increasing flexibility and much more. Recommended as a helpful program for people with arthritis or those recovering from an accident or fall. Great for all ages!

## **Tai Chi for Beginners**

Six-week series for \$30/person  
Tuesdays, October 6 to November 10  
10 - 11 a.m.

**Destination Wellness, #556  
Pittsburgh Mills Mall, Entry 5  
Call to register at 724-274-5202  
Must pre-pay for entire series (cash or check only)**



**ALLE-KISKI  
MEDICAL CENTER**

[www.akmc-dw.com](http://www.akmc-dw.com)

WEST PENN ALLEGHENY HEALTH SYSTEM

[www.wpahs.org](http://www.wpahs.org)