



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

Choose a series that fits your schedule

Fee: \$30/person for the series*

Wednesdays, January 6 to February 10 from 6 - 7 p.m.

or

Thursdays, January 7 to February 11 from 10 - 11 a.m.

**Destination Wellness,
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

WEST PENN ALLEGHENY HEALTH SYSTEM

www.wpahs.org