

## **FREE** with membership











TAI CHI Can help with: **FIBROMYALGIA HYPERTENSION** 



## Some benefits for people who practice

## Tai Chi regularly help them with:

INCREASED BRAIN ACTIVITY 1.

> Studies show that Tai Chi lowers risk of developing dementia

**IMPORVED JOINT FUNCTION** 2

## LOWERING RISK OF HEART FAILURE 3.

In a 30 person study at Harvard Medical School, 12 weeks fo Tai Chi improved participants' ability to walk and quality of life. It also reduced blood of B-Type natriuretic protein, an indicator of heart failure.

- 4. STRESS
- 5. LOSING WEIGHT
- 6. **IMPROVING BALANCE AND FLEXIBILITY**
- 7. **ENHANCING IMMUNE SYSTEM**
- 8. LEARNING TO RELAX NATURALLY
- 9. **INCREASING STRENGTH**
- 10. LOWERING BLOOD PRESSURE

Thursdays 9:30am – 10:30am

Saturdays 10:30am – 11:30am

Haynes Recreation Center, 2102 Clark's Crossing, 956.729.4600