

health &
wellness

at the
Sabes JCC



Tai Chi for Health

LOCATION: Sabes JCC West Studio

COST: \$85; \$65 Member Value Price (6 sessions)

TUESDAYS • 1:30 - 2:30 PM

Session 1: SEPT 4 – OCT 11
(no class 9/11)

Session 2: OCT 30-DEC 4

WEDNESDAYS • 5:30 - 6:30 PM

Session 1: SEPT 5 – OCT 17
(no class 9/19)

Session 2: NOV 7 - DEC 12

Tai Chi for Health Benefits

Practicing Tai Chi for Health can increase strength, flexibility and stability, ease symptoms associated with conditions involving inflammation, chronic pain and fatigue (such as fibromyalgia) and quiet the mind. From Dr. Paul Lam's website: "The CDC, health department and arthritis foundations from many countries recommend Tai Chi for Health programs."

Tai Chi for Strength and Stability

A six-week course of weekly, 60-minute classes (with breaks as needed) in which you will learn all the forms in Dr. Paul Lam's Level I Tai Chi for Health, allowing you to develop their own home practice. At the end of the six-week session, you will be able to continue independently. Suited for anyone interested in this flowing and ancient, strength-building exercise. Those with arthritis, inflammation conditions such as diabetes or chronic pain (e.g., fibromyalgia) may comfortably participate. If you aren't sure, please check with your health care provider. *Classes are capped at 10 students and open to ages 13+.*

sabesjcc.org



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minneapolis

Questions: contact Jena Radant @ 952-381-3418 or jradant@sabesjcc.org