

Tai Chi for Health



The Tai Chi for Health is an “evidenced based” program founded in 2010 by Dr Paul Lam and many of his colleagues with the purpose of empowering people to improve their health and wellness through Tai Chi for Health programs. TCHI ensures the quality of training and codes of ethics, it also provides support for instructors and participants. The Tai Chi for Health programs are supported by many leading organizations and government bodies around the world, including the USA Centers for Disease Control (CDC.gov), Arthritis Foundations and Administration on Aging. Our instructors are fully trained and shown by over 30 medical studies to be able to teach the respective program safely and effectively.

Class: **Advanced**

Day: Wednesdays

Time: 2:30pm (time will change in May to 2:00pm)

Location: Clinton Methodist Church, Clinton

Class: **Beginner** (Begins in May-Sign up now!)

Day: Wednesdays

Time: 3:00am

Location: Senior Center, Flemington

Registration is required. No charge. No prior experience necessary! This is not a beginner class, however beginners are welcome to try it

To register; please email your registration request: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

Open to Hunterdon County residents age 60 and over who are enrolled members of the Senior Center.

**Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services
- Senior Fitness Programs**