

Tai Chi for Health



Tai Chi has been shown to have many benefits to improve health and quality of life. Tai Chi can help reduce pain and stiffness through a series of gentle, pain-free movements. It will help improve balance, strength, flexibility and stamina and is also therapeutic for people with Parkinson's disease, cancer recovery, high blood pressure and sleep issues. It is a centering and meditative practice that can help improve quality of life both physically and mentally. This class can also be done while sitting in a chair.

The instructor is a Board Certified Tai Chi for Health Instructor. Classes are held Tuesday and Wednesday evenings at **South Middle School, September 24 - November 13**. *Tai Chi for Arthritis and Fall Prevention* will be offered from 6-6:55pm. *Tai Chi for Energy* will be offered from 7-7:55pm.

If you are interested in signing up, please go to the following link: <https://waukee.revtrak.net/RW-Community-Ed/>

Click on Adult and Continuing Education, then select the class you are interested in joining. If you have any questions, please contact **Community Ed at (515) 987-2761** or communityed@waukeeschools.org.