



WAUKEE
COMMUNITY SCHOOL DISTRICT



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 and Qigong for Health Instructor.

Several different classes are held Monday, Tuesday and Wednesday evenings at South Middle School, beginning **January 22 and running through March 9**. Tai Chi for Arthritis and Fall Prevention will be offered from 6-6:55 and Tai Chi Qigong will be offered from 7-7:55 on Mondays and Wednesdays. Tai Chi practice will be offered Tuesday evenings from 6-7. If you are interested in signing up, please go to the following link:

<https://waukee.revtrak.net/community-education/rw-community-education/>

Click on Adult and Continuing Education at the bottom of the page. Then click on the class you are interested in joining. If you have any questions, please contact Community Ed at (515) 987-2761

or communityed@waukeeschools.org