

Tai Chi for Health



Begins again in January 2023!

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/Time: **Mondays** – 1:30pm (**Begins January 9th**)

Wednesdays – 1:00pm (**Begins January 11th**)

Class: **Beginner**

Day: Time **Mondays** - 2:30pm (**Begins January 9th**)

Wednesdays – 2:00pm (**Begins January 11th**)

Location: Senior Center, Flemington

Registration is required. You must sign a waiver.

No charge. No experience necessary for beginner class!

To register: email: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

Open to Hunterdon County residents aged 60 and over who are enrolled members of the Senior Center. Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services - - Senior Health & Fitness Program