

Kentucky Tai Chi and Qigong Center

www.kentuckytaichi.com

859-361-2524

Class Announcement

Seated Tai Chi Chuan for Rehabilitation 4 Movement Short Form

Begins Saturday, January 28, 2012; 9:00 – 10:00 am

This class is offered free of charge.



Location

Scott County Senior Center

800 Cincinnati Pike, Suite 10

Georgetown, Kentucky 40324

(on the Cardome Centre property)



Seated Tai Chi Chuan for Rehabilitation (4 movements) – This program teaches a structured routine of movements dynamically designed and symmetrically patterned which puts into play every part of the upper body from the smallest joint to the largest muscle group. This routine is an economical, low risk, convenient and effective self-care method especially suited to people with ambulatory limitations due to injuries or chronic health conditions such as stroke, spinal cord injury, Parkinson's disease, and diabetes. Benefits are achieved through a series of gentle circular movements that improve and stimulate the rotating range of the torso, waist, lower back, shoulders, arms and wrists. Individuals with various physical and ambulatory disabilities that practiced Seated Tai Chi Chuan for Rehabilitation over a period of time showed significant results in pain reduction and a sense of psychological well-being, as well as gaining improvements in physical functions.

Presented by Certified, Professional Instructors

Join Us and Experience "Medication in Motion"

For information and registration contact Don Bolinger at

GtownTaiChi@kentuckytaichi.com

or contact

The Kentucky Tai Chi and Qigong Center

859-361-2524

www.kentuckytaichi.com

Explore the power within you to change your life.

Once Learned, Tai Chi and/or Qigong are treasures that will last you a lifetime

Please visit www.kentuckytaichi.com for other classes offered in Tai Chi and Qigong