

# Tai Chi Class

## What is tai chi?

Tai chi is a movement therapy benefiting many things like balance, pain, stress, range of motion, muscle strength and cardiovascular health. One Harvard study referred to it as “medication in motion.” It is used to open the joints, promote circulation, improve balance and increase range of motion. Tai chi has been shown to have other significant mental and physical health benefits helpful for hypertension, emotional symptoms and arthritis.

This class will incorporate slow, comfortable movements that combine with breathing, mindfulness and gentle stretching.

## Anyone can do it!

The purpose of this energy and movement-based exercise is simply to move! The forms can be modified to your current abilities including participating in a chair if needed. There is no prior experience required and all ages 18+ are welcome.

## What to wear

Our classes are informal and do not require any special etiquette or dress code. Just wear loose-fitting, comfortable clothing and flat-soled shoes are recommended.

## About the instructor

Derek Johnson, L.Ac, MSOM, DMQ is a licensed acupuncturist in Ohio who holds a master’s degree in oriental medicine and a doctorate in medical qigong. He has studied tai chi, qigong and meditation since 2000 and is a certified instructor.

---

**EVERY THURSDAY | 12:30-1:30 P.M., COST: FREE**

3113 BELLEVUE AVE, CINCINNATI, OH 45229

(IN THE UC HEALTH GARDNER NEUROSCIENCE INSTITUTE, 1<sup>ST</sup> FLOOR, ROOM 1109)

---

**Register Online:** [uchealth.com/integrative/classesandevents/](https://uchealth.com/integrative/classesandevents/)

Questions: 513-475-9567