



IN SCIENCE LIVES HOPE.

Tai Chi

Tai Chi is a movement-based therapy with many health benefits including improved balance, reduced pain, lower stress, increased range of motion, more muscle strength and better cardiovascular health. *Tai Chi* helps to open your joints, promote circulation, improve balance, focus your mind, and increase your range of motion.

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

When:

Every Thursday
12:30-1:30pm

Instructed by Derek Johnson, L.Ac, MSOM, DMQ; Jennifer Woods, Certified Instructor

Each class is \$5

No referral or experience required.

Where:

UC Gardner Neuroscience Institute
3113 Bellevue Ave, Cincinnati, OH, 45229
1st Floor, Room 1109

Valet parking is available for \$5 at main entrance or free parking is available in the UC Gardner Neuroscience Institute Garage.

Reserve your spot today by calling 513-475-9567(WLNS)

For more information on UC Health Integrative Medicine Services visit
uchealth.com/integrative.