

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 Wednesday
2:00-3:00pm

Instructed by:

Derek Johnson, L.Ac, MSOM, DMQ

No referral or experience required.

Classes specifically designed for patients and their Caregivers.

This class is at no cost to patients and their caregivers due to the grateful donors who contribute to the General Integrative Medicine fund.

Where:

In light of the COVID-19 pandemic, this class will be taught virtually thru Microsoft Teams. We welcome you to participate in the comfort of your own home. Participants must have a UC Health MyChart account to participate.

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

For more information on all UC Health Integrative Medicine Services visit [uchealth.com/integrative](https://www.uchealth.com/integrative).