



IN SCIENCE LIVES HOPE.

Tai Chi for Parkinson's & Other Neurological Disorders

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, promote circulation, improve breathing, 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. Attention to body awareness and safe weight transference may reduce risk of falls.

When:

Every Tuesday
11:30-12:30pm

Instructed by:

Jennifer Woods, Certified Instructor

No referral or experience required.

Classes specifically designed for patients with Parkinson's Disease and other Neurological Disorders and their Caregivers.

This class is at no cost to patients and their caregivers due to the grateful donors who contribute to the Gearing Up for Good 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).