

Virtual Tai Chi



Tai Chi is rooted in the Asian traditions of martial arts and Chinese Medicine. It combines slow-flowing movements with breathing, mindfulness, postural alignment, and self-massage. Practicing Tai Chi enhances relaxation, focus, vitality, and mood. Strength, balance, and pain can also improve through consistent practice. Veterans and caregivers of Veterans are welcome.

Schedule

Tai Chi Chih

Mondays 9:30-10:30 CST

Tai Chi for Arthritis and Fall Prevention

Thursday March 14, 9:30-10:15 a.m. CST

Thursday March 28, 1:00-1:45 p.m. CST

Location: VA Video Connect (VVC)

**Enrolled Veterans and caregivers of enrolled Veterans,
pre-registration is required.**

To sign up contact: 701-239-3700 extension 3990



U.S. Department of Veterans Affairs
Veterans Health Administration
Fargo VA Health Care System

