



Tai Chi Classes

Tai Chi originated as an ancient martial art in China. A mind-body exercise combining slow-flowing intentional movements with breathing, awareness and visualization.

Tai Chi can be beneficial by enhancing balance, circulation, relaxation, vitality, focus, posture, strength, flexibility, and mood.

Each week, new slow-flowing movements will be added and can be done seated or standing. Class may be a great exercise alternative for veterans who have movement limitations.



July 11 – August 3

August 8 – August 31

September 5 – September 28

October 3 – October 28

October 31 – November 23

November 28 – December 21



VA



U.S. Department of Veterans Affairs
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