## Summer and Fall 2015
### Tai Chi for Health Class

<table>
<thead>
<tr>
<th>Location</th>
<th>Time and Date</th>
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<tr>
<td>Volker Campus</td>
<td><strong>Summer Class</strong>&lt;br&gt;Time: 12:00 - 12:50pm&lt;br&gt;Mondays - June 1, 8, 15, 22, 29, July 6, 20, 27, August 3, 10, 17, and 24. <em>(No Class on July 13)</em>&lt;br&gt;Rooms:&lt;br&gt;Plaza Room – All dates except June 22.&lt;br&gt;Brookside Room – June 22</td>
<td>$30 for 6 sessions or $55 for 12 sessions</td>
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<td>Administrative Center</td>
<td><strong>Fall Class</strong>&lt;br&gt;Time: 12:00 - 12:50pm&lt;br&gt;Mondays – September 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 23, and 30.&lt;br&gt;Rooms:&lt;br&gt;Plaza Room – All dates except September 14 and November 9.&lt;br&gt;Brookside Room – September 14 and November 9.</td>
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### About Tai Chi
Tai Chi for Health helps improve flexibility and muscle strength, increase heart/lung activity, align posture, improve balance, and integrate the mind and body. The program is shown by scientific study to be effective in improving pain, quality of life, and balance. Almost anyone with arthritis or any physical condition can learn this program to improve health and quality of life. It is an easy, safe, effective exercise and supported by the Arthritis Foundation of America.

### Registration:
Pre-registration is required.
- Pay by credit card by calling (816) 252-5051
- Or, pay by check made payable to University of Missouri Extension.
  - Mail to: University of Missouri Extension<br>1600 NE Coronado Drive<br>Blue Springs, MO 64014  Attn: Tai Chi Class
- Loose, comfortable clothes and flat shoes are appropriate; no need for exercise mat.
- *For more information, contact Dr. Nina Chen, at 816-252-5051 or chenn@missouri.edu*
- Classes taught by Dr. Chen, Ph.D., CFLE Human Development Specialist and Certified Tai Chi Instructor for MU Extension.