# Tai Chi for Health Class

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<tr>
<th>Location</th>
<th>Time and Date</th>
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| Volker Campus    | **Time:** 12:00 - 12:50pm  
**Mondays – February 15, 22, 29, March 7, 14, 21, 28, April 4, 11, 18, 25, and May 2, 2016.** | **$30 for 6 sessions or $55 for 12 sessions** |
| Grant Hall – Room 306 | **Time:** 12:00 - 12:50pm  
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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.

**Each session is worth 10 points toward Tier 2 of the wellness incentive program (maximum of 100).**

## 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**  
1600 NE Coronado Drive  
Blue Springs, MO 64014  
**Attn: Tai Chi Class**

- Loose, comfortable cloths 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 and Family Science Specialist and Certified Tai Chi Instructor for MU Extension.

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