



COME JOIN US!!!



TAI CHI CLASS

ROBLEY REX VA MEDICAL CENTER

DATE: Thursday, June 23RD

Tuesday, June 28TH

LOCATION: ROOM D010

TIME: 11:30-12:30pm

COST: FREE for patients

WHY TAI CHI?

- Reduce anxiety and depression
- Improve balance and coordination
- Reduce the number of falls
- Improve sleep quality
- Slow bone loss in women after menopause
- Lower blood pressure
- Improve cardiovascular fitness
- Relieve chronic pain
- Improve everyday physical functioning and have a greater sense of well-being!!