



## Anyone Can Learn Tai Chi

Tai Chi is an art, and slow moving meditative exercise from China to improve health and well-being, and is based on the 'Law of Nature' which integrates body and mind. The flowing by movements unlock powerful inner strength, the power for healing and wellness.

**Barbara Schaflin** is a **Certified Instructor and member** of the **Tai Chi for Health Institute**, specializing in **Tai Chi for Arthritis for Fall Prevention; Tai Chi for Diabetes; Tai Chi for Memory; and Tai Chi for Rehabilitation.**

Developed by **Dr. Paul Lam**, a world leader in the field of Tai Chi for Health improvement, his **Tai Chi for Health** programs are supported by organizations and government bodies around the world including the **Arthritis Foundation**, the **Centers for Disease Control and Prevention (CDC.gov)**, and the **National Council on Aging (NCOA.org)**.

Over 500 medical studies show that Tai Chi improves many aspects of health, from calming the mind to reducing high blood pressure, improving balance to prevent falls, relieving arthritis pain, helping people with heart conditions and diabetes, and much more. More importantly, Tai Chi brings a general sense of well-being.

**Would you like to learn a low impact exercise to improve your overall health and well-being? Why not give it a try!** Participants can choose to stand or sit during class.

Classes are held at the **PARISH OF SAINT MARY**, One Phalanx Road, Colts Neck, N.J.

**Where: GATHERING SPACE**

**When: Every Thursday**

**Time: 10:00 to 11:00 am (Beginner); 11:00 to 12 noon (Intermediate);  
7:00 to 8:00 pm (Evening Session)**

**Contact Barbara Schaflin: (908) 415-7072/e-mail BarbaraSchaflin10@verizon.net**

