

# Tai Chi for Health

**Join us for a Tai Chi for Health Workshop!**

- **Learn forms and movements to practice for better balance, better breathing, and more fluidity in motion**
- **Improve personal fitness, muscle strength, flexibility, and endurance**
- **Reduce pain and improve joint health**
- **Increase energy and improve overall health and well-being!**

**Workshops take place once a week for 8 weeks [60 minutes] per session!**

**Where:**

**Savannah Summit  
135 Hampstead Ave.  
Savannah, GA 31405**

**Every Thursday**

**When: April 7-May 26 2015**

**Times: 1:00PM-2:00PM**

**Sign up today!**

**Or for more information contact Karen at (912)-352-9797**



**[www.crc.ga.gov](http://www.crc.ga.gov)**

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