

ICC - POLK CAMPUS

NEW CLASS COMING IN JANUARY

TAI CHI FOR HEALTH

DURATION: January 14 to April 29

COST: \$89 for 15 WEEKS

TIME: Tuesdays 2 - 3.30 P.M.

INSTRUCTOR: ED KAN

LEARN TAI CHI FOR YOUR HEALTH

POTENTIAL BENEFITS RELATED TO:

FIBROMYALGIA,	IMPROVING BALANCE
OSTEOPOROSIS,	DEPRESSION
SLEEP QUALITY,	KNEE OSTEOARTHRITIS
SHINGLES,	HIGH BLOOD PRESSURE
HEART FAILURE,	PERIPHERAL NEUROPATHY

(These potential benefits of deep breathing and gentle movements have been documented by research studies performed by leading medical centers and funded by National Institute of Health.)

Please call 828-894-3092 to register.