

Tai Chi for Health

Tai Chi is a gentle mind-body exercise that focuses on
BREATH, BALANCE AND MINDFULNESS.

Research studies demonstrate that the practice of tai chi
positively impacts the **cardiovascular, cognitive,
immune and respiratory functions.**

Tai Chi increases **flexibility, balance, posture, and fall prevention.**

TUESDAY CLASSES

Starts March 2 for 6 Weeks

6:30 – 7:30 PM

Landsbaum Center for Health Education
1433 N. 6 ½ St., Terre Haute

Certified Instructors: Roy W. Geib, PhD
Steve Walden, PTA

WEDNESDAY CLASSES

Starts March 3 for 6 Weeks

6:30-7:30 PM

Terre Haute Regional Hospital Outpatient Therapy Facility
4500 S. 41 at Springhill

Certified Instructors: Roy W. Geib, PhD
Steve Walden, PTA

Fee for 6 weeks: \$50.00

Make check payable to: The Maple Center, Inc.

REGISTRATION 812-234-8733

The Maple Center, Inc.

Integrative Health & Maternity Care

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www.themaplecenter.org