

Jayhawk Area Agency on Aging, Inc presents

## Tai Chi for Health

Paul Lam, M.D. has worked with tai chi experts and medical specialist to design Tai Chi for Health programs for all fitness levels. These programs are easy and enjoyable to learn. What is more, scientific studies have proven their efficacy and safety.



Benefits include:

- Improved flexibility
- Improved muscle strength
- Reduced pain and stiffness
- Improved posture
- Improved cardiovascular fitness
- Improved immunity
- Reduced stress

**Instructor**

**Mae Lovell, RN**

**WHEN: Thursdays 10:30 AM beginning Jan. 21, 2010 for six weeks**

**WHERE: Jayhawk Area Agency on Aging, Inc**

**2910 SW Topeka Blvd. Topeka, Ks. 66611**

**PRE-REGISTRATION REQUIRED DUE TO LIMITED SPACE**

**To enroll: Call 785 235-1367 or 800 798-1366**

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