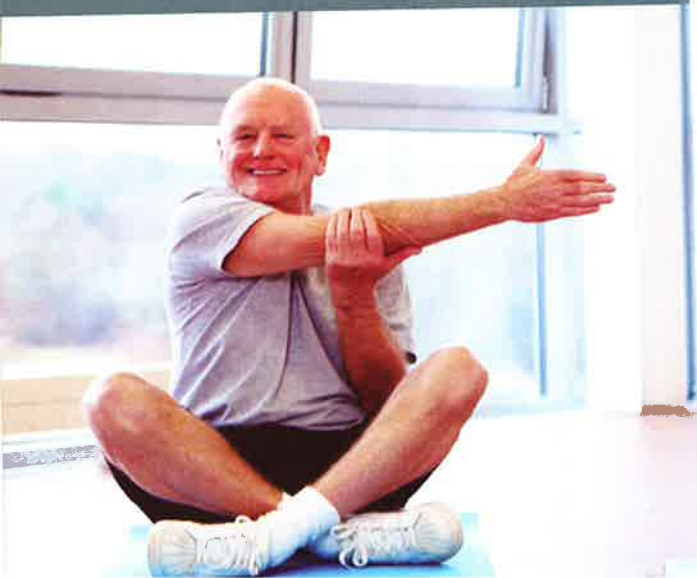


# Lifestyle

As you grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of aging. And not only is exercise good for your body—it's also good for your mind, mood, and memory. Whether you are generally healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness.



## JAAA Mission Statement

Jayhawk Area Agency on Aging, Inc. and the Kansas Department on Aging and Disability Services advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

Jayhawk Area Agency on Aging is a 501 C(3) Non-Profit Corporation. Private donations are welcomed and appreciated.

Jayhawk Area Agency on Aging receives funds from U.S. Health & Human Services Administration on Aging; Kansas Department of Aging and Disability Services; Douglas, Jefferson, and Shawnee Counties; and the cities of Topeka and Lawrence, Kansas.

Jayhawk Area Agency on Aging, Inc. does not discriminate on the basis of race, color or national origin, sex, age, disability or religion. If you feel you have been discriminated against, you have the right to file a complaint with Jayhawk Area Agency on Aging.

Contact 785-235-1367 or TDD/TTY: 800-776-3777.



*Shawnee, Jefferson & Douglas Counties*

2910 SW Topeka Boulevard  
Topeka, Kansas 66611

Phone 785-235-1367 or 800-798-1366  
Check us out on the web  
[www.jhawkaaa.org](http://www.jhawkaaa.org)

## PHYSICAL FITNESS



*Shawnee, Jefferson & Douglas Counties*



[www.jhawkaaa.org](http://www.jhawkaaa.org)  
800.798.1366 | 785.235.1367

# Tai Chi

Jayhawk Area Agency on Aging presents **Tai Chi for Health**. Paul Lam, M.D. has worked with Tai Chi experts and medical specialists to design Tai Chi for Health programs for all fitness levels. These programs are easy and enjoyable to learn! Scientific studies have proven their efficacy and safety.

Certified Tai Chi Instructor and Weekly Classes offered. 8 Tai Chi Forms that focus on weight shifting and postural alignment.

Movements progress from easy to more difficult.

Pre-Registration is required as space is limited.

Call JAAA for dates, times and registration.

## Benefits of Tai Chi Include:

- Improved Flexibility
- Improved Muscle Strength
- Reduced Pain and Stiffness
- Improved Posture
- Improved Cardiovascular Fitness
- Improved Immunity
- Reduced Stress
- Improves Balance, Strength and Physical Performance to reduce fall frequency

## More information:

24-26 week program

4 classes are offered a week and each class is one hour. You are invited to attend as much or as little as you like.

Recommended class size of 15 participants.

## How much does it cost?

Donations are necessary to keep the program operating. Persons are invited to be as generous as they can to support the program. Funding is paid in part by the Older Americans Act and support from suggested donations received from persons in the program.

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Pre-Registration is required  
as space is limited.

**Target Audience  
is Adults 60+**



**Phone: 785-235-1367 or  
800-798-1366**

**Web: [www.jhawkaaa.org](http://www.jhawkaaa.org)**