



Strength is physical.
Strength is mental
Strength is emotional.

We help you find the
strength you need.

Find your strength.



Sun Style Tai Chi

A GENTLE, PROVEN APPROACH TO IMPROVING BALANCE, STRENGTH AND COORDINATION

Sun Style Tai Chi incorporates gentle flowing movements that strengthen muscles, foster healing and relaxation and increase our awareness of the mind-body connection. Developed by Dr. Paul Lam, an Australian family physician considered a world leader in the field of Tai Chi for health, this model is evidence-based and recommended by the Center for Disease Control (CDC). Learn shift transferring and rooting while lengthening and strengthening muscles as we explore 24 different forms. Sun Style Tai Chi is suitable for all individuals, including those living with chronic illness, balance problems, MS, arthritis, hypertension and other cardiac conditions.

INSTRUCTOR:

Deb Shelley, B.S. Psychology
Board-certified Tai Chi for Health Institute Instructor, Healthy Aging and Fall Prevention Program Leader

Program supported by Centers for Disease Control, National Council on Aging and Arthritis Foundation. Recommended by MA Department of Public Health and Government bodies worldwide.

WHEN

Tuesday & Thursday
10:45 - 11:45AM

WHERE

**Spaulding Cape Cod
Multi-purpose Room**
311 Service Road
East Sandwich

COST

\$10/class

TO REGISTER

Go to:
www.spauldingrehab.org/SCCWellness

Find us



www.spauldingrehab.org

Classes are ongoing. For more information please call, 508.833.4078