

EVENING

Tai Chi for PD

With roots in traditional Chinese medicine, Tai Chi is a therapeutic mind body exercise that uses gentle movements to improve strength, balance, flexibility, mental focus and emotional tranquility.

Tai Chi is increasingly being utilized as part of comprehensive health rehabilitation and prevention programs. New research suggests Tai Chi may have important benefits for individuals with Parkinson's disease. The class is designed for people who are able to stand for the 60-minute program.

When:

Tuesdays, 7:00 - 8:00 p.m.
January 7 - March 24, 2020

Where:

Osher Clinical Center for
Integrative Medicine,
Brigham and Women's Hospital
Fish Bowl Conference Room, 2nd Floor
850 Boylston Street
Chestnut Hill, MA

Cost:

\$200 (1 class/week, 12 total)



Instructor:

Stanwood
Chang



Register:

Space is limited and advance registration is required. To register for the series, please contact the Osher Center at 617-732-9700.