

DAYTIME

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:

Mondays, Jan. 6 – Mar. 23
11 AM – 12 PM
No class on 1/20/20 (MLK Jr. Day)
or on 2/17/2020 (Presidents' Day)

Where:

Shapiro 247A
BIDMC East Campus
330 Brookline Ave
Boston, MA 02215

Instructor:

Stanwood
Chang

Cost:

\$127 for 10
sessions

Register:

Mallika Iyer at
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or 617-667-5215

