

Tai Chi Group Education Class Veteran Information Sheet

WHO: This class is for Veterans who want/need to improve posture, balance, and core stability.

WHAT: In this class you will learn the basic 6 movements of the Sun Style of Tai Chi.

WHEN	Monday	Wednesday	Saturday
WHERE	Main Hospital CLC2 dining room	Annex	Main Hospital Auditorium
TIME	12:30pm – 1:15pm	4:15pm-5pm	Advanced Class: 11am-noon Basic Class: 10-11am

CLASS DESCRIPTION: Tai Chi is a martial art focusing on weight shifting, core stability, breathing and posture. The slow circular motions and stepping are great for ligaments/tendons as well as muscle. Improvement in body awareness, proprioception, and flexibility can all be benefits with these movements. The 6 week class focuses on the basic 6 movements of the Sun Style 42 form. Participants will be able to put the 6 movements together and will be instructed how to progress with practice. This class can also be done seated. The same benefits are gained from the seated position.

IF MULTIPLE CLASSES, MAY THEY BE ATTENDED OUT OF ORDER:

No. The basic 6 classes must be attended in order to learn weight shifting/posture awareness and the basic Tai Chi principles.

WILL VETERAN GET TRAVEL PAY?

Yes – if eligible

HOW CAN A VETERAN JOIN THIS CLASS?

Speak with your Primary Care Provider or a staff member on your Primary Care Team to let them know you are interested.