



# TAI CHI WORKSHOP

**When:** Mondays/Thursdays for 8 weeks  
Feb 25, 28\*, Mar 4, 7, 11, 14, 18, 21, 25, 28,  
Apr 1, 4, 8, 11, 15, 22\*\*, 25\*\*

*\*This class may be cancelled, \*\*Make-up days if needed*

**Times:** Part 1: 10:30-11:30am  
Part 2: 11:45-12:45pm  
Part 3: 1:00-2:00pm  
Full Program Practice\*\*\*: 2:00-2:30pm  
*\*\*\*Must have completed Parts 1-3*

**Where:** North Shore Jewish Center Ballroom  
385 Old Town Road, Port Jefferson Station, NY

**Cost:** Donation to NSJC is suggested

**To register or questions:**  
Contact Kristi Ladowski, MPH at 631-444-8385

This program is offered as part of the NYS Department of Health  
Older Adult Fall Prevention Program

## What it is?

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Tai chi is an ancient Chinese practice that combines slow moving with deep breathing.

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## Benefits of Tai Chi for Health:

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- Increase strength, balance and posture
  - Prevent falls
  - Improve mind, body and spirit
  - Reduce stress and increase relaxation
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Stony Brook  
Trauma Center

