



# TAI CHI WORKSHOP

**When:** Wednesdays/Fridays May 29 – July 19, 2019  
May 29, 31 Jun 5, 7, 12, 14, 19, 21, 26, 28  
Jul 3, 10, 12, 17, 19 \*No class July 5

**Times:** Part 3: 9:30-10:15 am  
Part 2: 10:30-11:15 am  
Part 1: 11:30-12:30 pm

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

**Cost:** \$36 per person for facility use, cash or check (made to North Shore Jewish Center) paid on first day of class

**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

