



TAI CHI WORKSHOP

When: Wednesdays/Fridays Oct 2 – Nov 22, 2019
Oct 2, 4, 11, 16, 18, 23, 25, 30 *No Class 10/9 Yom Kippur
Nov 1, 6, 8, 13, 15, 20, 22

Times: Part 1: 9:30-10:30 am
Part 2: 10:45-11:45 am
Part 3: 12:00-1:00 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 at 631-444-8385

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

What it is?

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

Benefits of Tai Chi for Health:

- 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

