



# TAI CHI FOR HEALTH WORKSHOP

**When:** Tuesdays and Thursdays May 14-July 2  
May 14, 16, 21, 23, 28, 30 June 4, 6, 11, 13, 18, 20, 25, 27  
July 2

**Time:** Tuesday and Thursday 3:00-4:00pm

**Where:** Stony Brook Specialty Care Center  
500 Commack Rd, Commack

**Cost:** Free, must register in advance

**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

