

# FREE QiGong T'ai Chi classes

## Tuesdays mornings

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Hamburg United  
Methodist Church  
116 Union Street, Hamburg  
8:30 am

QiGong T'ai Chi is often described as "meditation in motion," but it might well be called "*medication* in motion." There is growing evidence that this mind-body practice has great value in treating or preventing many health problems. You can get started even if you aren't in top shape or in the best of health - it can even be done seated. QiGong T'ai Chi is a series of gentle exercises that can improve your strength and balance, reduce your falls risk and increase healthy agility. When combined with standard treatment, it appears to be helpful for several medical conditions including: arthritis, low bone density, breast cancer, heart disease, heart failure, hypertension, Parkinson's disease, sleep problems, stress and stroke.

Start you morning off right!

The class is open to all at no cost ~ invite a friend!  
Wear comfortable clothing & sneakers.

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