

TAI CHI



Empowering
Native Wellness

A GREAT WAY TO RELIEVE STRESS
AND ADD BALANCE TO YOUR LIFE

- HELPS REDUCE FALLS
- HAVE FUN AND MAKE NEW FRIENDS
- INCREASES FLEXIBILITY AND STABILITY
- PROMOTE BONE AND MUSCLE STRENGTH
- HELPS BALANCE AND COORDINATION
- TAUGHT FOR ALL LEVELS OF ABILITY

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TAI CHI EXERCISES

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TUE @ 9-9:45 AND THU @ 4-4:45
LOCATION: MULTIPURPOSE ROOM @ IHC