

Their Path to Thrive is...Tai chi

Tai chi is a traditional Chinese movement exercise. It is a series of movements done

INNOVATION

either very slowly or quickly to help move the body's chi (energy). People use tai chi as a way to combine meditation and movement and to improve and maintain health.

Tai chi is being offered as part of the Path to Thrive program every Thursday in June. See details below:

June 4	Trailer 1	12:15-1:15 p.m.
June 11	Trailer 4	12:15-1:15 p.m.
June 18	Outside	12:15-1:15 p.m.
June 25	Trailer 4	12:15-1:15 p.m.



Instructor Kin Lam leads the group through tai chi exercises.

ghten your abdomi
fting.

Keep your back straight, bend your knees,
and squat down to the floor.