

TAI CHI FOR PARKINSON'S



Studies have shown that regular practice of tai chi by people with Parkinson's Disease helps to improve balance and proprioception, reduce falls, and increase motor skills and confidence.

This class will include warm-up and balance exercises as well as learning the tai chi form used in the trials conducted by the Oregon Research Institute.

We will also be practicing beginning push-hands techniques in order to improve proprioception and add a bit of resistance training to the program. Partners welcome to attend at no charge.

Tai Chi for Parkinson's **March 14th – May 2nd (8 weeks)**

Wednesday Afternoons 1:00 – 2:00pm

Location:

Haddon Heights Community Center
321 Seventh Avenue, Haddon Heights, NJ 08035

Instructor:

Morris Siegel

Class Fee:

\$70.00 / Residents \$75 / Non-Residents