

# TAI CHI CLASSES



Joseph Gardner, your instructor has studied Tai Chi Chuan for 9 years and instructed for last 3 years.

*Participants should wear comfortable clothing that is easy to move in - T-shirt and exercise pants, plus indoor sneakers. No bare feet or socks, please. Ok to bring water.*

## Tai Chi for Cancer Recovery

You will learn the foundation moves important toward developing – Coordination – Strength – Balance.

Tai Chi moves, along with simple meditation and Qigong exercises will help you focus on your internal energy and enhance a sense of physical and emotional balance to facilitate recovery and improve well-being. Sessions are scaled to meet needs of each person.

Typical Session includes:

Calming the mind – to gain mental balance and centering.

Warmup – with gentle movements to open circulation.

Tai Chi & Qi Gong exercises – with basic concepts of physical balance, safe foot placement that will move body to promote blood flow and physical activity.

**CLASSES ARE FREE FOR PATIENTS  
ON WEDNESDAYS FROM 4-5 PM**

Classes held at CHH Center for Cancer Care  
200 Kennedy Dr. Torrington  
Radiation Oncology area  
For info contact Pam Ciccarelli, RN phone: 860-489-6718