



Tai Chi - Qi Gong for Health and PAIN

Tai Chi - Qi Gong are mind-body practices that have been used for thousands of years to promote mind body health, immune system, nervous system health and prevention of chronic disease. Tai Chi is a moving dynamic form of Qi Gong. Both cultivate the bioenergy of the body, traditionally called “qi” (pronounced “chi”), by emphasizing mindful focused breathing and mindful movements. **Can Tai Chi - Qi Gong benefit your health?** Modern research has shown many benefits for regular practice of Tai Chi - Qi Gong.

Examples of how Tai Chi - Qi Gong may help you:

1. Reduction of stress, anxiety and depression
2. Increase production of nitric oxide
3. Improve balance and coordination
4. Improve mental focus, cognition and memory
5. Improve immune system health
6. Improve nervous system health
7. Reduce blood pressure
8. Improve muscle strength and flexibility
9. Reduce risk of heart disease
10. Reduce chronic pain and stiffness

How can you start Tai Chi - Qi Gong practice? Tai Chi - Qi Gong classes will be provided by Jeff Belton, Certified American Tai Chi & Qigong Association instructor and current provider Whole Health Tai Chi - Qi Gong and Qi Gong Walking at Tampa VA - James A. Haley Veterans’ Hospital, Tampa Florida.

Available to: Seniors in Service of Florida, Inc., OVC AmeriCorps Members and Community Volunteers and Tampa Bay Time Bank

Event: Community Tai Chi Qi Gong for Health and PAIN

Date: Friday June 4, 2021 **Time:** 11:00AM to 12:30PM

Date: Friday July 16, 2021 **Time:** 11:00AM to 12:30PM

Join Zoom Meeting Link

<https://us02web.zoom.us/j/88342357332?pwd=dlk4SGJQaTEvQTQwU2tLSkJRMFBSUT09>

Passcode: 637311