

TAI CHI 2 HEALTH

What: Free Tai Chi class focused for Cancer Patients and Survivors

When: Weekly on Thursdays from 11am to 12pm (new participants always welcome! Session starts on Thursday, January 19, 2023).

Where: Taoist Tai Chi Society
Tuck Learning Campus (old Exeter High School)
Rear of Building B, Lower Level
30 Linden Street in Exeter

Who: Volunteer Certified Tai Chi Instructors and Cancer Survivors from the Taoist Tai Chi Society.

Why: Tai Chi:

- Is 'moving meditation' which helps to relax the mind and strengthen the body
- Is a gentle form of exercise
- Enhances the immune system, works the lymphatic system, decreases pain, stiffness, anxiety and stress
- Decreases blood pressure
- Improves coordination, flexibility and overall wellness
- Improves balance and reduces risk of falls

If Exeter Schools have a snow day, there is no session
If Covid Community Spread is high, masks may be required
Questions? More info? Call: 603-770-7461