

Beginning Sept 7th, Zion's Way Integrative Healing Arts Center is offering

TAI CHI

Every Wednesday 5:30-6:30 pm

••\$5 Investment••

Benefits of Tai Chi are:

Stress Reduction

Flexibility

Cardiovascular Exercise

Build the Immune System

Coordination

Improves the Mind and Memory

Self Defense

Preventative Medicine



Master Gary Whitehead

**RELAXING LOW IMPACT EXERCISE THAT
HARVARD MEDICAL SCHOOL CALLS "WALKING MEDICATION"**

**Zion's Way Integrative Healing Arts Center • 912 W. 1600 S. C-102 •
688-0648**