



BETTER HEALTH & BETTER LIVING 改善健康 改善生活

- **Tai Chi For Health Institute Certified**
太極健康協會認證
- **Doctor Recommended**
醫生推介
- **Participant Loved**
參加者喜愛

Based on the Sun style, the Tai Chi Program is a low-impact physical activity program that includes gentle movements suitable for people of all ages, mobility, ability and fitness levels with any form of arthritis. Tai Chi For Health Institute certified instructors are trained on how arthritis affects the body, arthritis safety principles and the approved forms.

Classes don't require deep bending or squatting, are one-hour long and may be done seated or standing. Improve your qi today!

Benefits:

- Increase range-of-motion, strength & flexibility
- Improve posture
- Better breathing
- Greater relaxation and
- More energy

源於孫式太極，太極課程是一個低強度的運動，所包含的溫和動作適合各年齡，各程度活動能力，不同健康水平以及患有不同類型風濕病的人士。課程導師接受專業訓練，了解風濕病對身體的影響，風濕病運動的安全準則，和太極健康協會認可的太極動作。每節課程一小時，無需彎腰或蹲下，可以坐著或站著完成。從今天起改善您的氣！

益處：

- 增加活動範圍、強度、和關節靈活性
- 改善體態
- 呼吸更加暢順
- 更好的放鬆
- 更有活力

Detailed Information 詳細資料

Tai Chi Class Start Date 太極初級班 開始日期

1/4/2017-2/16/2017 (Every Wednesday and Thursday 每逢星期三和星期四) 9:30am-10:30am 上午9:30至10:30

3/10/2017-4/22/2017 (Every Friday and Saturday 每逢星期五和星期六)

Friday 12:00pm-1:00pm, Saturday 1:30pm-2:30pm 星期五 下午12:00至1:00, 星期六 下午1:30至2:30

Tai Chi Intermediate Start Date 太極中級班 開始日期

2/22/2017-4/5/2017 (Every Wednesday and Thursday 每逢星期三和星期四) 9:30am-10:30am 上午9:30至10:30

Location 地點: Health Promotion Room 東北醫療中心健康教育部 (大堂左側)
1520 Stockton Street, San Francisco, CA 94133

Fee 費用: Free 免費

Instructor 導師: Andrea Zhou and Angela Cai

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意: 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).