



**Tai chi is a powerful mind-body exercise which helps to reduce stress and improve relaxation.**



**Tai Chi for a better quality of life!**

- *Relieves pain and improves physical function*
- *Increases balance, flexibility, and strength*
- *Many studies have shown **Tai Chi** as being one of the most effective approaches for preventing falls*



The Community HUB is a statewide resource for programs and services that improve health, prevent injury, and enhance quality of life for those at greatest need.

Contact us: [info@chpcommunity.org](mailto:info@chpcommunity.org)

Or call: 515 - 635 - 1285

Visit our website to learn more

[www.chpcommunity.org](http://www.chpcommunity.org)