

Empowering Through Gentle Motions

FREE Adaptive Tai Chi Fitness Class for Veterans

For veterans of all fitness conditions. Family members also welcome.

You are invited to participate in the Adaptive Tai Chi Fitness Classes conducted by Dr. Zibin Guo and a team of tai chi instructors in collaboration with the University of Tennessee at Chattanooga!

Tai Chi Fitness is a form of traditional martial arts, sport, and healing arts. The dynamic, gentle and flowing movements of this adaptive form of Tai Chi Boxing makes it an ideal mind & body fitness activity for people of all health conditions.



Funded by U.S. Department of Veterans Affairs, this ongoing class is developed for area veterans.

There is no cost to participate in this class. A practicing DVD will also be provided for participants, free of charge.

YouTube Video:



How to Enroll

Please contact Dr. Zibin Guo:
zibin-guo@utc.edu

423-425-4442

This ongoing class is being conducted on:

**Thursdays
from 6:45 – 7:45 pm
at UTC Aquatic
& Recreation Center**

Some benefits of Tai Chi Chuan

- Helps maintain strength, flexibility and balance
- Promotes deep breathing
- Improves circulation
- Alleviates stress and anxiety
- Reduces Pain