

TAI CHI

FOR THOSE TOUCHED BY CANCER: PATIENTS, FAMILY, FRIENDS

July 10 – August 14

2:30 – 3:30 PM

**Life with Cancer
at Inova Schar Cancer Institute**

8081 Innovation Park Drive, 2nd floor
Fairfax, VA 22033

This ancient practice embodies China's most profound concepts and principles of health and movement. Based on softness and awareness (rather than force and resistance) it has been recognized for thousands of years as both a method of self-cultivation born out of a form of self-defense. Practiced at a slow and even speed, Tai Chi promotes relaxation, balance and flexibility. This class will teach basic movements.

Register at www.lifewithcancer.org
or 703-698-2526

This series is offered at no cost thanks to your support and community donations

