

Tai Chi



For Health

Benefits of Tai Chi:

- Better sleep.
- Weight loss, particularly at the waist.
- Improved immune function.
- Reduced stress levels.
- Better bone density.
- Reduced pain, improved mood, better physical function, and improved flexibility in osteoarthritis, decrease pain and fatigue in patients with rheumatoid arthritis.
- Helps prevent heart disease and helps alleviate anxiety.
- Helps alleviate symptoms associated with Type 2 diabetes and helps lessen the need for medications.
- Improves psychological well-being and helps alleviate depression.
- Better balance, flexibility, and strength.
- Helps to thicken the brain's cortex, which means it may help protect participants from depression, Alzheimer's, and dementia, all associated with the thinning of the cortex.

Come join us!

When:

Every Thursday

10:00 – 11:00 am

January 19 to March 22, 2016

Where:

Mommy Fitness

(Be sure to wear loose, comfortable clothing)

Tai Chi is a fun and gentle exercise for body and mind at any age or fitness level. Whether you are just beginning your fitness journey, preparing for motherhood, in the midst of motherhood, or later in life. This is the class for you!

Register online at www.mommyfitnessomaha.com