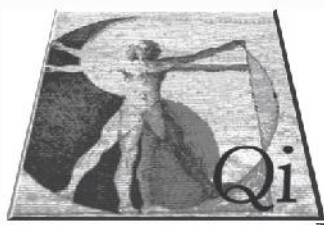


World Tai Chi & Qigong Day



One World ... One Breath

**Hundreds of Cities -
Over 70 Nations**



www.WorldTaiChiDay.org

On the last Saturday of April at 10 am local time worldwide, the world is invited to join in on mass Tai Chi and Qigong teach-ins and exhibitions held in over 70 nations. This educational event brings people together across ethnic, racial, and religious, and geopolitical borders in a celebration of personal and global health and healing. Its motto is “One World ... One Breath.”

Harvard Health Publication has called Tai Chi “moving medication” for all the myriad health issues it has been proven to help with. Tai Chi and/or Qigong can boost immune function by 50%; increase brain size; reduce depression and anxiety; reduce or eliminate chronic pain issues; dramatically improve balance, dexterity, and sports performance, prevent colds and flu; lower high blood pressure; reduce ADHD symptoms; improve sleep; and much more.

RWJ Hamilton’s Tai Chi class is celebrating World Tai Chi and Qigong Day on Saturday, April 25th from noon to 1PM in studio 3. Members and non-members are welcome to join the FREE fun:

- Learn a simple tai chi form
- Watch demonstrations
- Take away some informative fliers about the benefits of tai chi
- Talk to current members, students and teachers about their personal tai chi experiences and how they use it in their everyday lives
- Enjoy some light refreshments

