



Beth Israel Deaconess  
Medical Center

The Parkinson's Disease and Movement Disorders Center at  
Beth Israel Deaconess Medical Center Presents:

# Tai Chi for PD

With roots in traditional Chinese medicine, Tai Chi is a therapeutic mind-body exercise that integrates gentle movements, rhythmic breathing, and imagery. Tai Chi is practiced to improve strength, balance, flexibility, mental focus, and emotional tranquility.

Tai Chi is increasingly being utilized as part of comprehensive health rehabilitation and prevention programs. New research suggests

Tai Chi may have important benefits for individuals with Parkinson's disease. The class is designed for people who are able to stand for the 60-minute program.

Space is limited and registration is required. Please contact Jamasb Sayadi at [jsayadi@bidmc.harvard.edu](mailto:jsayadi@bidmc.harvard.edu) or 617-667-5215.

## Dates

**Mondays, April 2 - June 4**  
**(no classes April 16, May 28)**  
**10:50 a.m. - 11:50 a.m.**

## Cost

\$100 (1 class/week, 8 total)

## Location

Tanger BeWell Center, East Campus  
Shapiro Building Lower Level  
Beth Israel Deaconess Medical Center  
330 Brookline Ave.  
Boston, MA 02215

## Instructor

Stanwood Chang