



Beth Israel Deaconess  
Medical Center



**OSHER CENTER FOR INTEGRATIVE MEDICINE**  
HARVARD MEDICAL SCHOOL AND BRIGHAM AND WOMEN'S HOSPITAL

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

Osher Center For Integrative Medicine,  
Brigham and Women's Hospital and Harvard Medical School offer

# 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 &  
registration is required:**

**Please contact the Osher Clinical Center  
at 617-732-9700.**

## Dates

Tuesdays  
January 8 – March 26  
7 – 8 p.m.

## Cost

\$175 (1 class/week, 12 total)  
\$150 for partners

## Location

Osher Clinical Center for  
Complementary and Integrative  
Medical Therapies,  
Brigham and Women's Hospital  
Fishbowl Conference Room  
850 Boylston Street  
Chestnut Hill, MA

## Instructor

Stanwood Chang



WELLNESS  
WORKS