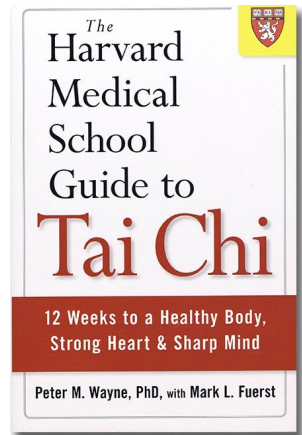


# Tai Chi

for Strong Bones and Balance,  
Healthy Hearts, and Sharp Minds:  
A One-Day Introductory Workshop



A growing body of medical research—including dozens of studies based at the Harvard Medical School—supports that Tai Chi mind-body exercise effectively improves balance and musculoskeletal strength, heart health, and psychological well being.

In this practical introductory workshop designed for beginners of all ages and stages of health, participants will learn a simplified and easy to learn Tai Chi training program as outlined in the Harvard Medical School Guide to Tai Chi (authored by Dr. Wayne, the workshop leader). Experiential sessions will be interspersed with presentations summarizing clinical and physiological research on the health benefits of Tai Chi. At the close of the workshop, participants will be advised on how to develop and integrate a regular practice of Tai Chi into their daily routines, and will receive a DVD and book reinforcing the materials taught in the workshop.

## Class Information

**When:**

Saturday, March 28th, 2020  
9:00 am to 3:00 pm

**Where:**

Brigham and Women's  
Ambulatory Care Center  
850 Boylston Street  
Chestnut Hill, MA 02467  
2nd Floor "Fishbowl" Conference Room

**Cost:**

\$200 payable by credit or debit card

**Included:**

- ◇ Six-hour program (with one hour break)
- ◇ DVD
- ◇ Book

**To Enroll:**

Please call the Osher Clinical Center at  
617-732-9700.



**Peter Wayne, PhD**, is Associate Professor of Medicine at Harvard Medical School (HMS) and Director of Research for the Osher Center for Integrative Medicine jointly based HMS and Brigham and Women's Hospital. His academic research focuses on evaluating how Tai Chi and related mind-body therapies clinically impact chronic health conditions including balance disorders, chronic cardio-pulmonary conditions, and musculoskeletal pain. He has served as a principal or co-investigator on more than 20 NIH-funded studies. Dr. Wayne also has more than 40 years of training experience in Tai Chi and Qigong, and is an internationally recognized teacher of these practices. He is author of the recently published and award winning book, "Harvard Medical School Guide to Tai Chi".



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

