

Tai Chi for Health

Nourishing the Body and Mind



Building Better Health

Over five hundred people from across Hancock and Washington counties have participated in Healthy Acadia's "Tai Chi for Health" classes since they began in 2014. What's the tai chi appeal? These evidenced-based courses use a step-by-step teaching method, which makes tai chi easy and fun to learn. "Tai Chi for Health" can be enjoyed by people of all ages, at all levels of physical ability.

The vision of "Tai Chi for Health" is to empower people to improve their health and wellbeing through slow, smooth, and continuous mind-body exercises.

"Tai Chi for Health" provides a deeply impactful opportunity for participants to improve internal and external strength, flexibility and balance.

"The group is friendly and supportive, so Tai Chi for Health is a positive social event, good for my mental and physical health."



Community Classes

Led by Tai Chi for Health Institute certified instructors



Science Driven Curricula

Appropriate for people all ages and health conditions



Positive Social Interactions

In safe, non-judgmental environments

“In our modern world, everything moves so quickly! Tai Chi for Health helps me remain calm, centered and connected.”

OBJECTIVES

- Improve internal and external strength, flexibility and balance
- Alleviate stress
- Reduce pain
- Increase cardiovascular fitness by improving heart and lung function
- Gain better self-control and empowerment
- Improve posture, resulting in less wear and tear in the joint muscles
- Integrate the mind and body

IMPACT

Since 2014, “Tai Chi for Health” has motivated and **inspired over 500 children and adults in Washington and Hancock Counties** to improve their health. Over 94% of participants polled report improved strength, flexibility and balance, with **100% of respondents reporting an increased ability to relax.**



“Tai Chi for Health has improved my flexibility, my balance and has given me inner peace, especially during some stressful times.”

WE NEED YOUR HELP

The average cost for an adult or child to participate in a one hour class is \$10. Classes are offered free of charge so as not to deter anyone from participating. For community classes, a donation is suggested, but never required. **To continue to provide “Tai Chi for Health” classes, we need your help. Please consider sponsoring to ensure that “Tai Chi for Health” continues to grow in more Hancock and Washington county towns.** Your gifts will ensure that “Tai Chi for Health” continues to serve as many people as are interested, regardless of their ability to pay.

SPONSOR COMMUNITY PARTICIPANTS

Invest in building better health by sponsoring “Tai Chi for Health” participants (children and/or adults) at one of the following sponsorship levels. **Each sponsorship covers a full 8-week Tai Chi Course for the following number of participants:**

- STRENGTH: \$1,600 (SPONSOR 20 PARTICIPANTS)
- FRIENDSHIP: \$800 (SPONSOR 10 PARTICIPANTS)
- HUMILITY: \$400 (SPONSOR 5 PARTICIPANTS)
- RESPECT: \$160 (SPONSOR 2 PARTICIPANTS)
- BALANCE: \$80 (SPONSOR 1 PARTICIPANT)

To learn more about how you can make a donation, contact Nina Zeldin at Nina@HealthyAcadia.org or 207-667-7171.

