

TAI CHI

Healing In Motion



Guided by:
Erlinda R. Nye Certified
*Yoga and Tai Chi instructor with
extensive martial arts background*

**Free Classes Offered
Weekly on Mondays:
9:30 - 10:30 a.m.**

**Paul D. Cordes Outpatient Pavilion 16300
Highway 1085, Covington**

These free Tai Chi classes help you learn to use the power of movement to fight disease, boost your immune system, find strengths, make the best of treatments and meet the challenges a significant illness brings. Participants may start at any time.

This class is open to:

- Individuals with a cancer diagnosis and their caregivers
- Other participants interested in health and wellness
- Healthcare professionals



www.stph.org/CancerCenter

To register or for more information,
call 985-789-5673.