

# **TAI CHI**

*for*

# **HEALTH**

*This gentle fitness class includes:*

**Gentle Yoga-style stretching**  
**Integrative Qi Gong©**  
**Therapeutic Tai Chi In-a-Chair©**  
**Relaxation techniques**  
**Therapeutic Tai Chi©**  
*Tai Chi from the Arthritis  
Foundation©*

Featuring gentle stretching, moderate movement, and restorative breathing techniques along with stress management information and relaxation exercises. The program was developed with the guidance of Psychiatrists, Neurologists, Physical Therapists, and Yoga, Tai Chi and Qi Gong Masters and teachers.

The class is lead by Gary Paruszkiewicz, a Certified Stress Management Educator. Gary is the author of "Therapeutic Tai Chi, My Journey with M S, My Path with Tai Chi" and was named by the MS Foundation as a "Top Ten Person with MS Who Inspires Us". He has been recognized by the National MS Society and the program featured in "Reaching Out" from the Greater Illinois Branch, and in "Action" from the United Spinal Assn. Gary is Certified Levels I & II to teach Tai Chi from the Arthritis Foundation©



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