



# Tai Chi Exercise for Osteoporosis and Other Bone and Joint Health Issues

Research has shown Tai Chi (Taiji):

- *Increases Full Body Strength and Control*
- *Reduces Stress and Increases Relaxation*
- *Improves Range of Motion and Flexibility*
- *Improves Balance and Reduces the Risk of Falling*

When: Wednesdays 1:30-2:30 PM, January 11– February 15.

Where: Qi Elements Center, 464 Herndon Parkway, Suite 215,  
Herndon, VA 20170

How much? Tuition is \$90

Tai Chi for Osteoporosis is presented in conjunction with the Osteoporosis Resource Center (ORC) , [www.sequoiahealth.com/ORC](http://www.sequoiahealth.com/ORC) and is especially modified for persons with back pain, osteoporosis or other bone or joint health issues.

## Registration Form

Mail to:

Qi Elements Center  
464 Herndon Parkway  
Suite 215  
Herndon, VA 20170

Phone or fax:  
703 435-4400

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

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Phone and email

Method of Payment

Check for \$90 payable  
to Qi Elements

Visa

MasterCard

American Express

\_\_\_\_\_  
Credit Card #

\_\_\_\_\_  
Exp. date

\_\_\_\_\_  
Signature