

Tai Chi for Veterans

Your Healthcare Benefit in the
VA Community Care Network

Did You Know... ?

Tai Chi has been shown to

- Improve Balance and Reduce Falls
- Relieve Anxiety and Depression
- Increase Mobility and Flexibility
- Manage Pain and Stress
- Bring a Sense of Calm

Join a class. Connect with fellow Veterans.

FOR INFORMATION ON HOW TO GET STARTED, CONTACT
YOUR HEALTHCARE PROVIDER OR YOUR TAI CHI FOR
VETERANS INSTRUCTOR, ARLETTE TWERSKY

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