

 Boulder Community Health  
Oncology Support Services  
**Tai Chi Movement**



Balance, breath, and mindfulness for people with cancer

This class is based on Tai Chi movements and will focus on balance, breath and mindfulness. You need no prior experience with Tai Chi to attend this course. This course is open to anyone with any type of cancer, at any stage.

**Facilitators:** Lee Fife and Beth Rosenfeld, from Rocky Mountain Tai Chi Chuan in Boulder, CO. Lee and Beth have over 30 years of experience with teaching Tai Chi at all experience levels.

This is a drop-in, first-come, first-served class, limited to 12 attendees.

**When** Fridays, 10:30-11:30AM, beginning March 10, 2017

**Where** Boulder Community Foothills Hospital  
Tebo Family Medical Building  
4715 Arapahoe Ave, Boulder

**Cost** \$5 (scholarships available)

For more information, contact Nanna Bo Christensen at [nchristensen@bch.org](mailto:nchristensen@bch.org), or 303-415-7057