



The Shepherd's Center Vital Living Program ***FALL 2025 Tai Chi with Wanda Patterson***

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Donation: \$2 per class



Tuesdays @ Noon: Tai Chi for Arthritis, Part II August 5 - October 28

This is a continuation of Tai Chi for Arthritis and Fall Prevention (TCAF) and should not be taken until you have completed at least one full session of TCAF. We will continue to practice TCAF but will add on the Part II sequence and other forms. \$2 donation.

NEW* Wednesdays @ 11am Tai Chi for Diabetes

August 6 - October 29 Tai chi is a gentle exercise that has been shown by studies to reduce stress and encourage mental relaxation. Tai chi for diabetes focuses on building strength, balance and flexibility through slow, fluid movements combined with mental imagery and deep breathing. Scientific studies have shown tai chi to have beneficial effects on many of the complications of diabetes including cardio-respiratory fitness, muscular strength, balance, peripheral circulation, reduced tension, and anxiety.

***Cost: \$20 for the session. Please register by calling 336-748-0217.**

Thursdays @ Noon Yang 24 August 7 - October 30

This intermediate form continues the principles of tai chi to further strengthen our Qi (life force). It was developed by a special committee of tai chi experts to embody key movements of the original 108 tai chi forms while making it more accessible to the general public. It is a great form to do daily and is one of the most practiced forms today. You will feel most comfortable in this class if you have already practiced Tai Chi for Arthritis. \$2 donation.

Swords 32 @ 1 pm on Thursday August 7 - October 30. Intermediate Form

You must be enrolled in at least one other course by this instructor and begin by August 7. \$2 donation