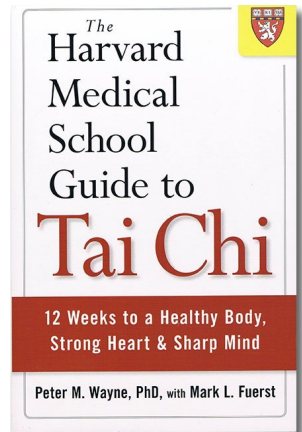


Tai Chi

for

Stress Management and Heart Health

An Introductory Virtual Workshop



A growing body of medical research—including dozens of studies based at the Harvard Medical School—supports that Tai Chi mind-body exercise effectively improves balance and musculoskeletal strength, heart health, and psychological well being.

In this practical introductory workshop designed for beginners of all ages and stages of health, participants will learn a simplified, and easy to learn, Tai Chi training program as outlined in the Harvard Medical School Guide to Tai Chi (authored by Dr. Wayne, the workshop leader). Experiential sessions will be complemented by presentations (including one by Dr. Gloria Yeh) that summarize clinical and physiological research on the health benefits of Tai Chi. At the close of the workshop, participants will be advised how to develop and integrate a regular practice of Tai Chi into their daily routines.

Class Information

When: Saturday, August 29, 2020
9:30am to 1:00pm (includes breaks)

Where: This is a live virtual program coordinated through the Osher Clinical Center

Fee: \$150.00 payable by credit or debit card. (Discount for Employees)

All attendees will receive free access to an online professional home practice program developed by Dr. Wayne.

To Enroll: Please call the Osher Clinical Center at 617-732-9700.

Peter Wayne, PhD, is Associate Professor of Medicine at Harvard Medical School (HMS) and Director of the Osher Center for Integrative Medicine. His academic research focuses on evaluating how Tai Chi and related mind-body therapies clinically impact chronic health conditions including balance disorders, chronic cardio-pulmonary conditions, and musculoskeletal pain. Dr. Wayne also has more than 40 years of training experience in Tai Chi and Qigong, and is an internationally recognized teacher of these practices. He is author of the award winning book, "Harvard Medical School Guide to Tai Chi".



Gloria Yeh, MD is Associate Professor of Medicine at Harvard Medical School and is the director of the HMS Research Fellowship in Integrative Medicine. Dr. Yeh's primary research focus is efficacy and mechanism of mind-body exercise in complex chronic illness. She is an internationally recognized leader in the field of mind-body research, including Tai Chi, yoga, and meditation. Dr. Yeh will discuss the science behind tai chi for cardiovascular health and stress management.



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