

STEPS TO RECOVERY

# Tai Chi Chih

**Meditative movement for  
physical exercise and mental focus**

Tai Chi Chih is a relaxing form of exercise that blends sequences of slow movements with deep breathing and mental focus. It requires no special equipment and can be practiced alone or in a group.

Tai Chi Chih is easy to learn and can be done by anyone at any age. The routine has specific gentle movement steps which can be adapted to accommodate most physical limitations. The benefits of engaging in exercise and relaxation techniques are well known; keep it fresh by trying something new!

**Every Wednesday Morning**  
**11:00a.m. to 12:00noon**

Hearst Cancer Resource Center  
For more information, please call **805.542.6234**.



**Hearst Cancer Resource Center**



**Discover the many benefits of  
Tai Chi Chih:**

- Increases energy and stamina
- Improves coordination, flexibility and balance
- Reduces stress; may help lower blood pressure
- Improves cardiovascular health
- Promotes better sleep

Individual results cannot be predicted or guaranteed but often come with regular practice.