



Employee Assistance Program

10-Week Lunchtime Wellness Program Uptown Campus

(10-participant minimum enrollment needed to conduct class)

Tai Chi & Qi Gong for Good Health

Blending Tai Chi, Qi Gong, Balance and Stretching – No experience necessary!



Mondays*, September 14 – November 30

***NO class on September 28th AND October 12th**

12 noon – 12:45 pm

Standish Board Room - Science Library

Course Fee: \$40.00

**Pre-paid with registration. Make checks payable to Jianye Jiang.
Send to Brenda Seckerson @ MSC # 200.**

Deadline to Register: Tuesday, September 8th

Description: In China, the history of Tai Chi and Qi Gong can be traced back thousands of years. These slow, meditative forms of movement are a means of promoting wellness and relaxation. Instructor **Jianye Jiang** returns to UAlbany this semester to help employees experience the flow and grace of these Chinese movement modalities. **Please dress comfortably.**

To Register Contact: Brenda Seckerson, EAP Coordinator

bseckerson@uamail.albany.edu 442-5483

Or register online: EAP website **www.albany.edu/eap**

Employee Assistance Program-sponsored events are open to UAlbany and Research Foundation faculty, staff, family members, GSEU members and retirees.