Tai Chi for Health & Healing

In China, the history of Tai Chi can be traced back thousands of years. These slow, meditative forms of movement are a means of promoting wellness and relaxation. Shifu Jianye Jiang returns to UAlbany this semester to help employees experience the flow and grace of these Chinese movement modalities. **Please dress comfortably.** **NOTE:** A 12-participant minimum enrollment needed to conduct the class.

To Register Contact:
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CALL 442-5483 OR REGISTER ONLINE
www.albany.edu/eap

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