

# Tai Chi Classes



Tai Chi is a potent exercise for health and self-defense. Regular practice improves muscular strength, flexibility, and overall fitness.

## When?

Beginners – Sundays from 9am–10am

Intermediate/Advanced – Sundays from 10am – 11am

## Where?

CIM Clinic Library

at the Univ. of MD Rehabilitation & Orthopaedic Institute

2200 Kernan Drive – 2<sup>nd</sup> Floor North

Baltimore, MD 21207

## How much?

FREE

**Instructor:** Sean Vasaitis

**To register and for additional information,  
call Sean at 410-929-4244.**

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University of Maryland Rehabilitation and Orthopaedic Institute, 2200 Kernan Drive, Baltimore, MD 21207  
CIMClinicInfo@som.umaryland.edu | 410 448 6361 | [www.compmmed.umm.edu](http://www.compmmed.umm.edu)