

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 9:30am–10:30am

Intermediate/Advanced – Sundays 10:30am – 11:30am

Where?

University of Maryland Rehabilitation & Orthopaedic Institute (UMROI)

Flynn Conference Room

2200 Kernan Drive

Baltimore, MD 21207



Cost?

Complimentary Community Class with parking on site

Instructor: Sean Vasaitis, Ph.D.

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



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