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**WELLNESS@WORK**,  
and Human Resources

# Tai Chi



## Join Us!

**Tai Chi**, referred to as “meditation in motion,” uses a series of flowing movements that reduces stress, improves balance, muscle strength and definition.

Classes will be offered by **Arthur M. Lopez, MA**, beginning in March.

## Quiet Your Life...

### Date

**Tuesday & Thursday**  
beginning **March 6, 2012**  
(Continuous Enrollment)

### Time

**12:10pm – 12:45pm**

### Location

**North Gym 200**  
**(Mat Room)**  
next to the weight room

Register online  
using **eTraining**  
[Course #000136]

Earn credit toward  
your  
**WELLNESS@WORK**  
Track – **LEAD**  
Certificate

For more information  
or to request an  
accommodation,  
contact Employee  
Assistance &  
Wellness at 278-4357.