

TAI CHI for Memory



Monday & Wednesday
January 18 – March 27, 2023 • 1-2 PM
Mid-Carolina Regional Council Conference Room
6205 Raeford Rd • Fayetteville, NC 28304
Tracy Honeycutt, Certified Tai Chi for Memory Instructor

Health Benefits of Tai Chi for Older Adults

- Reduces bone loss in menopausal women
- Improves lower body & leg strength
- Enhances mental capacity & concentration
- Reduces blood pressure
- Promotes deep breathing
- Helps with arthritis pain
- Relieves physical effects of stress
- Improves balance & stability by strengthening ankles & knees
- Promotes faster recovery from stroke & heart attacks
- Improves conditions of Alzheimer's, Multiple Sclerosis & Parkinson's

Studies have shown Tai Chi improves memory and brain health. Mid-Carolina Area Agency on Aging is offering Tai Chi for Memory to persons with memory disorders and their caregivers. This program was developed by Dr. Lam and a team of medical experts who merged medical research and traditional Chinese medicine with Tai Chi to create an easy-to-learn program. It is especially useful for people with memory loss, Alzheimer's disease, or similar conditions. It is also designed to prevent these conditions.

Caring for people with memory loss is challenging for carers and family. This mind-body program engages everyone for quality time together. It will improve most aspects of health including balance, immunity, and relaxation, and can be practiced and enjoyed by anyone.

REGISTRATION REQUIRED

LIMITED SPACE AVAILABLE



CONTACTS

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