

Wellness Education Series

Adaptive Wheelchair T'ai Chi



Tuesdays

11:00 a.m. - 12:00 p.m.

January 29th - March 26th

Palo Alto Bldg. 7, SCI

Dining Rm.

Whole Health and Spinal Cord Injury are collaborating to offer Veterans the first wheelchair T'ai Chi program for VA Palo Alto. This 8-week class teaches 13 postures that can help you improve your health and mobility and can provide additional ways to manage stress.

All Veterans in VAPAHCS are eligible to take this class; however, class size is limited, and you must pre-register.

For more information or to pre-register, please contact:

Michael Voigt , OTR/L
(650) 493-5000, ext. 63351

