Healthy Survivorship Class Series

If you, or a loved one, are living with or beyond a major life transition you are not alone. It is estimated that unexpected life events like a cancer diagnosis impact the lives of one in three people in our country. Our “Healthy Survivorship” courses are offered in an informal environment where anyone touched by life stress, including family members and caregivers, may enhance their quality of life through programs that complement medical care and foster balance of mind, body and spirit.

**Tai Chi Easy™**
“Better health, improved vitality, productivity, purpose and joy”

Gently explore this carefully developed method and approach to Tai Chi that makes it easy, beneficial, and fun for any age or fitness level. Tai Chi Easy™ combines movement with meditation, therefore aligning body and mind. Learn skills that are effective while standing, sitting, or lying down. Join Christine Hayes, R.N., O.C.N., Tai Chi Easy Practice Leader for this safe, relaxing, and internal medicine making class.

**Dates:** Tuesdays, September 21st through December 14 (12 week session)

**Times:** 5:30 p.m. – 6:15 p.m.

**Cost:** $10.00/per 12 weeks
Bring a friend or family member for free

**Location:** Marshfield Clinic Minocqua Center
9601 Townline Road
Minocqua, Wisconsin

**To register:** Call Marshfield Clinic Minocqua Center at 715-358-1266 or 715-358-1091

**Additional information:**
Christine Hayes, R.N., O.C.N.
WINGS Cancer Survivorship Coordinator
Marshfield Clinic Minocqua Center
715-358-1091
1-800-347-0673, ext. 3-1091.
www.marshfieldclinic.org/wings