



Outpatient Physical Therapy:
Tai Chi Exercise at the Rusk Institute of Rehabilitation Medicine
at 240 E. 38th Street, Ground Floor, G-11

Tai Chi has been practiced for hundreds of years and continues to be practiced by millions of people of all ages worldwide. Benefits include stress reduction, improved balance, coordination, strength, flexibility and cardiovascular efficiency. Tai Chi uses breathing and a series of slow, controlled movements involving the entire body to achieve these benefits.

Rusk Institute of Rehabilitation Medicine's outpatient physical therapy department is offering a six-week beginner class for one hour per week. Our beginner class will introduce participants to basic Tai Chi and Qi Gong practice through a modified easy Tai Chi form. *Classes are limited to 10 people and spaces are on a first come first served basis, payment is required to reserve a space.*

Sign up now!

Course details:

- Class rate of \$120 for six sessions (check or cash only, credit cards not accepted) ***Make checks payable to: Rusk Physical Therapy Department***
- Six, one-hour classes held Thursdays or Fridays from 12:30 to 1:30

	Thursday	Friday
Session 1	4/11 - 5/16	4/12 - 5/17
Session 2	7/11 - 8/15	7/12 - 8/16
Session 3	10/17 - 11/21	10/18 - 11/22

- **Location: Ambulatory Care Center (ACC) at 240 E. 38th St, Ground Floor in room G-11**
- Signed consent and medical clearance forms required (prescription not required). Completed forms may be faxed to 212-263-0459, Att: Peter Walter
- Pre-requisites: must be able to maintain standing or sitting balance independently and must be able to follow verbal instructions
- Instructors: Peter Walter, Senior PTA

Please inquire in ACC, Rusk Outpatient Physical Therapy, 16th Floor: ask for Peter Walter, Senior PTA or Stephen Fischer, PT, DPT or Call 212-263-6033 for further information. Email Peter Walter at peter.walter@nyumc.org