News Release
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Columbus Community Hospital Brings Tai Chi to Columbus Family YMCA

For Immediate Release
(COLUMBUS, Neb.) – The Columbus Family YMCA is now offering Tai Chi thanks to Columbus Community Hospital.

Tai Chi is an ancient Chinese tradition that is now practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner that are accompanied by deep breathing. Tai Chi is a low impact exercise that puts minimal stress on muscles and joints, making it safe for most ages and fitness levels.

Tai Chi has been found to help participants:

- Decrease stress, anxiety and depression
- Improve their mood
- Increase their energy and stamina
- Improve their flexibility, balance and agility
- Improve their overall body awareness
- Enhance their quality of sleep
- Lower their blood pressure
- Improve joint pain
- Improve their overall well-being
- Reduce their risk of falls

The Tai Chi class that will be offered at the Columbus Family YMCA is called "Eight Moves for Better Balance." The program is designed for adults who are 60 years old or older, who can walk with or without assistive devices.

The following are the Tai Chi classes that will be offered at the Columbus Family YMCA in coming months:

- **Get Ready for Tai Chi—Chair Class**
  - Learn the importance of shifting and moving every day.
  - Please call Jen Brownlow at the YMCA to set up a time.
- **Beginning Class Level 1 (6 weeks)**
  - Date: February 3 – March 12
  - Held on Tuesday and Thursday at either 11 a.m. or 6:20 p.m.

- Cost: YMCA members: $15.00, non-members: $40

- **Review Class-Level 2**
  - For anyone that feels comfortable with the Basic 8 Moves but wants to review.
  - Must have attended a Tai Chi Beginner Class.
  - Please call Jen Brownlow to set up times.

For more information on Tai Chi at the Columbus Family YMCA, visit www.columbusy.org.

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