

太極 TAI CHI

BETTER HEALTH & BETTER LIVING 改善健康 改善生活

- **Tai Chi For Health Institute Certified**
太極健康協會認證
- **Doctor Recommended**
醫生推介
- **Participant Loved**
參加者喜愛

Based on the Sun style, the Tai Chi Program is a low impact physical activity program that includes gentle movements suitable for people of all ages, mobility, ability and fitness levels with any form of arthritis. Tai Chi for Health Institute certified instructors are trained on how arthritis affects the body, arthritis safety principles and the approved forms.

Classes don't require deep bending or squatting, are one-hour long and may be done seated or standing. Improve your qi today!

Benefits:

- Increase Range-of-Motion, Strength & Flexibility
- Improve Posture
- Better Breathing
- Greater Relaxation
- More Energy

源於孫式太極，太極課程是一個低強度的運動，所包含的溫和動作適合各年齡，各程度活動能力，不同健康水平以及患有不同類型風濕病的人士。課程導師接受專業訓練，了解風濕病對身體的影響，風濕病運動的安全準則，和太極健康協會認可的太極動作。每節課程一小時，無需彎腰或蹲下，可以坐著或站著完成。從今天起改善您的氣！

好處：

- 增加活動範圍、強度和關節靈活性
- 改善體態
- 呼吸更加暢順
- 更好的放鬆
- 更有活力

Detailed Information 詳細資料

Tai Chi Beginner: For Arthritis & Fall Prevention 太極初級班：關節炎和預防跌倒

Date 日期: 1/5/2026 – 2/13/2026

Time 時間: Every Monday & Friday (逢星期一及星期五)
9:30am – 10:30am
上午 9 時半 至 10 時半

Location 地點: 369 Broadway Street
San Francisco, CA 94133
三藩市百老匯街369號 (余河小學對面)

Fee 費用: Free 免費

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如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.

Contact Health Education 聯絡健康教育部:
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