



Tai Chi for Health

Speaker: Robert Saper, MD

Location: Virtual | ccemployeewellness.com/wellness-insider

Wednesday, November 5 | noon - 1 p.m., EST

Objectives:

1. Describe the history, epidemiology, and traditional uses of Tai Chi.
2. Review the evidence for Tai Chi for common medical conditions such as knee osteoarthritis, fibromyalgia, fall prevention and congestive heart failure.
3. Discuss future directions in Tai Chi research.

All caregivers are welcome to attend this presentation.