

PRESS RELEASE:

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On-Call Media Cell: (828) 674-2358

Pardee Rehab and Wellness Center now offering Tai Chi

(Hendersonville, N.C.) White Crane Tai Chi will now be offered at the Pardee Rehab and Wellness Center, located at 212-B Thompson Street near Epic Theaters. Classes will take place each Friday from noon until 1 p.m. The cost per class is \$10 with your first class being free, or \$45 for a series of eight classes, \$80 for a series of ten classes.

The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. The class is designed to provide a comfortable, relaxing, stress-free environment to aid in a person's growth physically, mentally and spiritually. The classes will be instructed by fourth degree black belt, Travis Ginn, who has more than 25 years of experience and is certified in instructing Tai Chi.

"Since I started teaching Tai Chi, I have seen people's balance improve so much they have gone from a walker to a cane and are now using steps instead of elevators," Ginn said of those who take the class.



The class is open for anyone to participate regardless of limitations and can be performed seated if necessary. Tai Chi is a self-paced system of gentle physical exercise and stretching. It teaches proper posture and breathing techniques beneficial to your health. Participants perform a series of postures and movements in a slow, graceful manner. Each posture flows into the next without pause, keeping your body in constant motion.

For more information about White Crane Tai Chi with Travis Ginn, visit www.HoSinSoolDojang.com or for additional class information please call the Rehab and Wellness Center at (828) 698-6774.

[Pardee Hospital](http://www.pardeehospital.org) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](http://www.pardeehospital.org). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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