



TAI CHI FOR THE WORKPLACE

With sky rocketing healthcare costs, increasing stress in the workplace and related illnesses causing unnecessary sick days in addition to the possibility of low morale and productivity, why not offer Tai Chi to employees and reap the many benefits that this ancient art can provide?

You can start a Tai Chi program at your workplace with our help at minimal cost. Tai Chi offers a gentle and relaxing form of exercise that employees may find beneficial to their ability to work more efficiently, with less tension and stress, more focused with more energy. A simple half-hour session once or twice per week is a great way to give employees an opportunity to experience the potential benefits. It's a low impact, no sweat, easy to learn, no experience necessary, gentle exercise that is perfect for the workplace. Tai Chi can be performed in any open space; a hallway, conference room, cafeteria, outdoors or small studio.

Tai Chi Lee will come to your local place of work and give a FREE half-hour seminar for you and employees with simple explanations and a short demonstration. You can decide if you would like to offer regular Tai Chi classes as a part of your employee wellness program in whatever capacity that suits your schedule.



Contact **Tai Chi Lee** for more information or to arrange for a FREE seminar. Please visit the website below for email contact and we will get back to you as soon as possible.

For more information, please visit www.taichilee.com
Lee Atwater has practiced and taught traditional Yang style Tai Chi since 1990.