

Blending science with the art of healing

THE CENTER FOR INTEGRATIVE MEDICINE
University of Maryland School of Medicine



Tai Chi

Tai Chi is a potent exercise for health and self-defense. Regular practice improves muscular strength, flexibility, and overall fitness.



Instructor: Sean Vasaitis

**Location: CIM Clinic Library
Kernan Hospital
2nd Floor
2200 Kernan Drive
Baltimore, MD 21207**

**Day/time: Sundays
Beginners – 9am – 10am
Intermediate/Advanced – 10am – 11am**

Cost: FREE

**Registration & additional information:
Contact Sean at 410.456.0208**

THE CLINIC AT THE CENTER FOR INTEGRATIVE MEDICINE

2200 Kernan Drive | Clinical Services, 2nd Floor North | Baltimore, MD 21207
clinic@compmed.umm.edu 410.448.6361 www.compmed.umm.edu

Primary Care ✧ Physician Consultations ✧ Acupuncture ✧ Psychotherapy/Counseling ✧ Massage
✧ Homeopathy ✧ Craniosacral Therapy ✧ Nutritional Counseling ✧ Osteopathic Manipulation
✧ Shiatsu ✧ Reflexology ✧ Yoga ✧ Qi Gong ✧ Tai Chi

