For Immediate Release Please
Date: January 12, 2020
Contact: Nina Zeldin, Healthy Acadia: nina@healthyacadia.org; 667-7171

**Tai Chi for Health Classes to Begin in Brookville, Deer Isle**

Healthy Acadia will offer three, eight-week “Tai Chi for Health” classes on Deer Isle and Brookville this winter. In Deer Isle, classes will meet at St. Brendan the Navigator Church on Wednesdays, from 11:00 am to 12:00 pm, beginning January 22 and continuing through March 11, 2020. In Brookville, classes will be held at the Brookville Public Library, from 9:00 am to 10:00 am (beginner level) and 10:00 am to 11:00 am (intermediate level) on Thursdays, January 23 through March 12, 2020. While classes are free, a donation is suggested.

The “Tai Chi for Health” programs developed by Dr. Paul Lam are highly adaptable and designed to provide safe and accessible ways to achieve the health benefits of tai chi practice for all ages and fitness levels, including people with health conditions such as arthritis, diabetes, stress management, and balance. “Tai Chi for Health” classes are also extremely enjoyable and offer a wonderful group experience. Certified instructor Mia Kanazawa is dedicated to sharing the benefits, delights, and mysteries of tai chi with people of all ages on the Blue Hill Peninsula. For further inquiries, call Mia at 207-326-9065.

To learn more about Healthy Acadia’s “Tai Chi for Health” program, contact Nina Zeldin at 207-667-7171 or email nina@healthyacadia.org.

Healthy Acadia is a 501(c)(3) nonprofit organization that engages in a broad range of initiatives to build healthier communities and make it easier for people to lead healthy lives across Washington and Hancock counties, Maine. Learn more at www.healthyacadia.org.

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