

# Chi for Caring™

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**Build balance and increase your mobility with Chi for Caring Fitness.** Stan Cohen, in partnership with Abilities of Northwest Jersey and Healthways, is offering Chi for Caring to the local community as an ongoing health initiative.

Stan Cohen is a certified Tai Chi instructor with 20 years of Tai Chi study and 10 years of experience developing programs and leading group fitness classes. His special brand of movement makes it easy to join in regardless of experience or skill level. All are welcome.

**What is this?** The classes are a mix of seated and standing Chi for Caring mobility exercises, traditional Tai Chi and Qigong .

**Seated:** Improve your mobility, coordination and overall health for daily activities while reducing stress.

**Standing:** Build leg strength and balance for fall prevention and reduce the of fear of falling.

**Where is this? Abilities of NW Jersey:** 264 Rte 31 North, Washington, NJ 07882

**When is this? Thursdays: 4 – 5 PM** (starting 7/7/16)

### **What does this cost?**

- **Free to Individuals who have the Silver Sneakers benefit through Medicare/insurance** (Check your plan as plans vary)
- **\$2.00** for individuals 65 years of age and older without the Silver Sneakers benefit
- **\$5.00** for individuals under 65 years of age without the Silver Sneakers benefit

**Contact: Stan Cohen:** Instructor / Founder of Chi for Caring with questions about the program  
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