Master Trainer Heather Chalon, MPH and Pima County Department of Health presents:

TAI CHI FOR HEALTH

A community approach to empowering health and well-being

INSTRUCTOR CERTIFICATION TRAINING

Who is this for?

Professionals in public health, wellness, fitness, care givers, everyone who likes making a difference in their community

What is Tai Chi?

- Gentle exercise that combines breathing, slow movement, peaceful attention, socialization
- Proven to reduce falls, increase overall wellness, and quality of life
- This program is evidence based, CDC & NCOA recommended

Pre-Reqs

No experience, that's OK. 30 hours guided pre workshop assignment & a passion for helping others will prepare you to begin your tai chi exercise instructor journey

Benefits Include:

- Increase strength, balance, resilience
- Reduce stress, increase relaxation
- Prevent falls
- Improve posture, structural alignment
- Enhance memory & cognition
- Have fun in a safe, welcoming space

Contact: heatherchalon.com

More Information:

Scan me

9 AM - 5 PM MST

MAY 16-17, 2026

HARMONY COMMUNITY HEALTHCARE TRAINING CTR TUCSON, AZ