

*太極/氣功*  
*T'ai Chi/Qigong*  
*Balance, Strength, Vitality*  
*For all ages and clinical status*



Improve your strength and balance with Master Yang, PhD. His evidence-based program is safe and gentle, appropriate for patients, survivors, and caregivers of all ages and physical abilities.

Class Meets: Wednesdays, 9:30 – 10:30AM  
Location: Integrative Medicine Center  
1429 First Ave at 74th Street

Space is limited.

Please call 646-888-0800 to register.

**Integrative Medicine Service**



Memorial Sloan-Kettering  
Cancer Center

*yoga*

*massage*

*nutrition*

*meditation*

*music therapy*

*acupuncture*

*and more...*