

Adele Smithers Parkinson's Disease Treatment Center



SPENCER GEE
TAICHI
LIFE IN BALANCE



Professor Spencer Gee has transformed the ancient art of Tai Chi into a low-impact aerobic workout set to uplifting music. By infusing time-proven traditional martial arts with modern innovative strength training, you will rejuvenate and empower every muscle and bone while sharpening your reflexes, fine-tuning your memory and improving your balance.

Classes Given Tuesdays and Thursdays
10:15-11:00 and 11:00-11:45

Academic Health Care Center

New York Institute of Technology College of Osteopathic Medicine
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