

Peachland Wellness Centre's Tai Chi Program
By Lisa Spalleck

Last fall, a friend of mine suggested I check out the Wellness Centre. She knows I live with the daily struggle from rheumatoid arthritis, and thought that of the many programs offered, perhaps one might be the right fit for me. She couldn't have made a better suggestion. Not only did I connect with the many amazing people who volunteer their time, but I decided to try out their Tai Chi program.

I have to admit I was pretty nervous about starting a new program with some of my physical limitations, but five minutes into the class led by Ed McKay and Judy Wyper, I was pretty sure I could do it. By the end of the class, I was absolutely hooked! I knew this was a way to relax my body and spirit, improve my concentration, coordination and posture, all the while relieving stress. After the next couple of sessions, I was considered the class keener and I couldn't wait to learn the 108 moves that make up the Taoist Tai Chi that we practice. Over the next couple of months, with our leaders' patience and dedication, I am now able to complete the entire form. It really does make a difference as I am experiencing improved flexibility, balance, concentration and reduced stress. I also made many new friends.

As we head into 2009, I am sure many of us made resolutions to improve our health, fitness and stress levels. Tai Chi can do all this and so much more. Come check out our program. We are hosting an ***Open House*** on Tuesday, January 13th at 7pm in the United Church Hall on Fourth Street. You will learn all about this amazing art form that can help you take control of your health once and for all!