



Tai Chi



Come and join our Tai Chi program that is offered by the Employee Wellness Committee. All NCCU employees are welcome to participate in this program free of charge.

What is Tai Chi?

Tai Chi is a Chinese traditional martial art that emphasizes relaxation, balance, breathing, and coordination of body and mind. It is a slow, calm, and continuous movement that can be practiced by anyone, regardless of age, gender, and physical ability.

What are the benefits of Tai Chi?

In China, it is believed that tai chi can delay aging and prolong life, increase flexibility and strengthen muscles and tendons, and aid in the treatment of heart disease, high blood pressure, arthritis, digestive disorders, depression, cancer, and many other illnesses.

Where: Walker Complex Gym

When: Every Friday 12:30pm – 1:15pm

Instructor: Dr. Lei Guo, Department of Physical Education

