



*Building vibrant communities  
in Hancock and Washington counties*



### **Tai Chi for KidZ Sponsored by Healthy Acadia**

Dr. Paul Lam and his team of medical and tai chi experts designed this program to be safe and effective for children of all levels of ability in order to have health benefits and improve quality of life.

Tai Chi for KidZ:

- Improves flexibility, muscle strength, an balance
- Increases heart/lung activity, concentration and coordination
- Aligns posture
- Integrates the mind and body

*“Tai Chi has an almost magical effect in health improvement. Kids love to learn and they learn very fast especially when engaged in a fun activity. This specially designed tai chi program emphasizes the fun element while developing their mind and body.*

*It is designed in several small building blocks to capture their attention, incorporating imagery and games to add appeal to kids. We have found that kids really enjoy learning it. Teachers and parents have also found improvement in their children’s sport and academic studies after doing tai chi.”*

*-<https://taichiforhealthinstitute.org/programs/tai-chi-for-kids/>*

Healthy Acadia’s Community Outreach Coordinator, Nina Zeldin, is a certified Tai Chi for KidZ Senior Trainer. Visit [https://taichiforhealthinstitute.org/instructors/senior-trainers/?country\\_id=233&region=ME&cityOrSub=&fn=Find](https://taichiforhealthinstitute.org/instructors/senior-trainers/?country_id=233&region=ME&cityOrSub=&fn=Find) to learn more about Nina’s certifications.

Visit <https://taichiforhealthinstitute.org/about-us/> to learn more about the Tai Chi for Health Institute.