



DEWINC® W&MA Tai Chi for Health at your DORAL Legacy Park Community Center

The Health Benefits of Tai Chi for ALL ages

Tai Chi is often described as "meditation in motion," but it might well be called "*medication* in motion." Growing evidence supports that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

Dojo of Exceptional Wellness (DEWINC®) promotes wellness through martial arts training for the overall improvement of our participants' Quality of Life.



DEWINC® is certified for **Tai Chi** under Dr. Paul Lam, M.D.'s **Tai Chi for Health Institute** curricula and our **W&MA** Programs are designed for ages 9 thru 99.

DEWINC® is a 501(c)(3) nonprofit foundation and Charitable Organization in the State of Florida.

MISSION

Promote a peaceful and welcoming environment for personal empowerment, self-expression and inner strength through the instruction of traditional Martial Arts; imparting martial arts instruction, to the Special Needs Community and the General Population that can transcend to their daily routines, improving their Quality of Life.

When:

Tuesdays and Thursdays

@ 8:00pm-8:50pm

Where:

**Doral Legacy Park Community Center
(Dance Room-1st Level)**

11400 NW 82 Street, Doral, FL 33178

Contact:

info@dewinc.org / www.dewinc.org

Tickets:

<https://www.eventbrite.com/e/dewinc-wma-at-dlpcc-tickets-156432603127>

