

POMONA VALLEY HOSPITAL MEDICAL CENTER

presents



TaijiFIT™

**Every Thursday
at 2:00 pm**

In the Community Room

TaijiFit combines the best elements of fitness, meditation and the ancient martial art of Taiji (Tai Chi). This workout connects the Mind and Body in what is called FLOW. It is Movement Meditation. It helps improve balance, mobility, endurance, flexibility, breathing and coordination in a gentle way.

All levels can benefit from this workout and no memorization of routines is necessary, making it fun.

FOR MORE INFORMATION CALL **909.865.9907**

POMONA VALLEY HOSPITAL

MEDICAL CENTER

THE ROBERT & BEVERLY LEWIS FAMILY CANCER CARE CENTER

Expert care with a personal touch