



# Tai Chi

This Tai Chi class engages in gentle, low-impact exercise that cultivates the body's vital energy, maintains mobility and balance and can help in our growing health crisis. Explore simple movement sequences with no equipment necessary!

Please talk to your doctor before beginning an exercise program.

NJWELL, administered by the New Jersey Division of Pensions and Benefits, is an incentive-based wellness program offered to eligible employees and their covered spouses/partners who participate in the SHBP/SEHBP. All provisions of the program are established by the Division and are subject to change. More details can be found on [nj.gov/njwell/](https://nj.gov/njwell/). Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey.  
© 2022 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105-2200.

## Tai Chi

**Wednesday, June 22**

**5:30 p.m. - 6:30 p.m.**

**Register Now**

**Space is limited.**

**Need Help Getting Care?**

Call a Horizon Health Guide at **1-800-414-SHBP (7427)**.

