



Our classes and programs are focused on our belief in “INSPIRE”

- Instruction**
- Nutrition**
- Safety**
- Peers**
- Interpersonal Relations**
- Exercise**

Tai Chi Sun Style Class

We are pleased to welcome Juan and Sara Kuanfung from BodyWork Continuum, LLC, back for another Tai Chi Chuan Sun Style class. The Tai Chi Chuan Sun Style is designed to be a light to moderate workout that focuses on postural alignment, breathing and body awareness. Balance and range of motion are added benefits. Tai Chi Chuan is a smooth, rhythmical, artistic and ancient exercise that can be performed anywhere. The Sun Style consists of fluent and continuous movements with the stance seldom wider than shoulder-width with the knees slightly bent as compared to other more strenuous styles of Tai Chi Chuan that use wider and lower stances.

Dates: Wednesdays: (2/6, 2/13, 2/20, 2/27, 3/6, 3/13)

Time: 6 – 7 p.m.

Location: Mr. and Mrs. Theodore P. Desloge Jr. Outpatient Center, Building A, Conference rooms 1 & 2

Cost: \$25

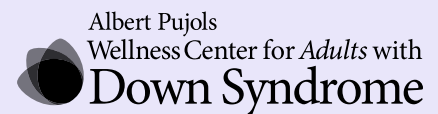
Instructors: Sara and Juan Kuanfung

Juan and Sara Kuanfung, have over 40 years of combined experience practicing Tai Chi Chuan. They have concentrated their practice and teaching on Tai Chi Chuan Sun Style. The unique combination of Juan’s daily practice of several styles of Tai Chi Chuan and Sara’s experience as a physical therapist centers on improving posture, balance and mind-body awareness. Juan and Sara have enjoyed sharing the principles and many benefits of Tai Chi Chuan with students of varying abilities. The ADS program has brought so much joy to their teaching style and practice.

To sign up for the Tai Chi class, please complete the enclosed class registration form and mail it back to the address listed on the form.

Inclement Weather Policy

Decisions to cancel due to inclement weather will generally be made by 2 p.m. Information regarding cancellation(s) may be found on the St. Luke’s website stlukes-stl.com, under classes and events after 2 p.m. Local news stations may announce cancellations. In the event the weather deteriorates later in the day, instructors may cancel class. If this occurs, parents and/or caregivers and participants will receive a telephone call notifying them of the change. Your safety is our greatest concern.



Albert Pujols
Wellness Center for *Adults* with
Down Syndrome

A service of St. Luke’s Hospital

Rev 12/2018
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121 St. Luke’s Center Dr. • Chesterfield, MO 63017

The Wellness Center is located in the Mr. and Mrs. Theodore P. Desloge, Jr. Outpatient Center (directly across from the hospital on the west side of Highway 141).

Phone: (314) 576-2300 • Fax: (314) 576-2370 • Email: ADS.WellnessCenter@stlukes-stl.com