

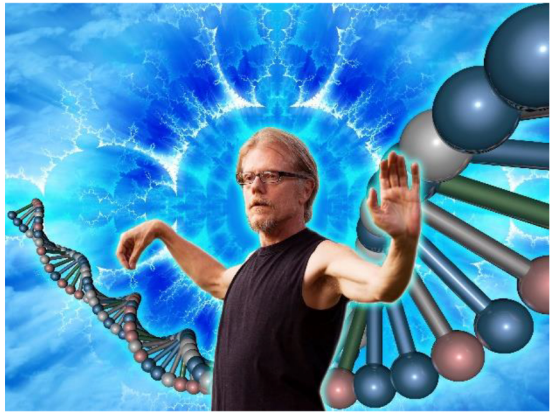
# Tai Chi

**WEDNESDAYS  
10:30 AM**

**Landon Center  
on Aging  
Room 200**

**Instructor:  
Bill Douglas**

Questions?  
Matt Chandler  
913-588-3094  
mchandler@kumc.edu



## **About Our Instructor:**

Bill Douglas is a best-selling, award-winning author on Mind Body practices and has studied and taught them for 40 years for many of the world's largest health systems and corporations. He was inducted to the Internal Arts Hall of Fame in New York for his educational efforts in Mind Body, and has been a global media source on them; NY Times, Wall Street Journal, BBC, Reader's Digest, Prevention Magazine, etc. He has been invited to present on how Mind Body can solve or prevent most health challenges at the NIH (National Institutes of Health) and by Harvard Medical School.

**KU** LANDON  
CENTER ON AGING  
The University of Kansas

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