

For: Immediate Release Contact: Rob Cavanaugh

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**JFK Johnson Rehabilitation Institute:
Register Now for Spring Tai Chi Class**

Edison, NJ— Exercise and fresh air go hand in hand, and with the coming spring, now is the time to register for the next Tai Chi offering through the JFK Health and Fitness Center in Edison.

Wellness Through Tai Chi integrates the science of wellness with the principles and practice of Tai Chi. Exercise physiologist and Tai Chi instructor Rich Lund explains, “The program is a perfect blend of western science and eastern principles for affecting lifestyle change. It is particularly appropriate for those older and less active, yet appealing and acceptable to baby boomers seeking alternative mind-body exercise.” The classes will be held outside at the Whispering Knoll Courtyard at 62 James Street in Edison. The program will run for eight weeks from May 8th to June 26th. Held Mondays from 7-8pm, the classes will be led by Lund. Registration is required and the cost for the program is \$84.

Says Lund, “Tai Chi is mediation in action. Research has indicated that it can calm the mind and relax the body.” Great for people of all ages and fitness levels, Tai Chi’s slow, even movements offer tremendous health benefits particularly in regard to stability, balance and coordination, all of which support daily living activities. In addition, Tai Chi fosters strength and endurance, flexibility and agility, energy level, and aids stress management.

Phil Colombrita, manager of the Health and Fitness Center at JFK Johnson Rehabilitation Institute (JRI) in Edison, NJ, comments, “Wellness is a balance between physical, mental, and spiritual health. It’s about having the energy to participate and enjoy all aspects of life.”

Registration is open to all and no previous experience is necessary. For more information, call Phil Colombrita at 732-632-1610 (or email pcolombrita@solarishs.org). Registration is taken onsite at the JFK Health and Fitness Center at 70 James Street only; same-day walk in or phone

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Now for Spring Tai Chi Class, add one

registrations cannot be accepted. Class size is limited and payment is required upon registration. No special clothing is required, but loose comfortable clothing is advised. In inclement weather, the class will be held in Whispering Knoll’s activity room.

The JFK Johnson Rehabilitation Institute headquartered at the JFK Medical Center in Edison is a comprehensive rehabilitative service provider focused on educating the community on rehabilitative health and helping adults and children with disabilities reach optimal function and independence. The Institute offers a complete array of inpatient and outpatient programs and services in rehabilitative health, including stroke, orthopedics, prosthetic and orthotics, electrodiagnosis, fitness, cardiac, women's health, pain management, pediatrics, speech pathology and audiology, industrial and vocational rehab, and brain injury rehabilitation programs and services. JRI includes a 94-bed inpatient center in Edison. Outpatient centers are located in Edison, Metuchen, Monroe, Old Bridge, and Plainfield. Affiliated with the JFK Johnson Rehabilitation Institute is the Shore Rehabilitation Institute, a 40-bed inpatient and outpatient comprehensive

rehabilitation hospital located in Brick, NJ. The Rehab Medicine Department at JRI also serves as the Department of Physical Medicine and Rehabilitation for UMDNJ, Robert Wood Johnson Medical School. JFK Johnson Rehabilitation Institute is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for its Comprehensive Inpatient Rehabilitation, Brain Injury, and Comprehensive Vocational Evaluation programs. For more information on The JFK Johnson Rehabilitation Institute, call 732-321-7790 or visit the organization online at <http://www.njrehab.org>.

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