



**FOR IMMEDIATE RELEASE**

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**Mystic Valley Elder Services to Hold Free Workshop—  
*Dr. Paul Lam's Tai Chi for Health*—in June at the Stoneham Senior Center**

**(Stoneham, MA)**— Mystic Valley Elder Services will present a free workshop series— **Dr. Paul Lam's Tai Chi For Health** —on Fridays, June 3 -- July 22, 10:30 to 11:30 AM at the Stoneham Senior Center, 136 Elm Street, Stoneham.

Find pain relief, reduced stiffness, and a better quality of life through tai chi. Tai chi is often described as “meditation in motion,” harmonizing body and mind by practicing slow continuous movement accompanied by deep breathing. The class will cover the basic movements in Dr. Paul Lam's CDC approved program. There's growing evidence that this mind-body practice has value in treating or preventing many health problems. Our practice is gentle, requiring a small range of motion.

Registration is free, but required. To register, please call today as class size is limited: 781-438-1157.

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**About Mystic Valley Elder Services**

*Celebrating more than 45 Years of giving older adults their independence, Mystic Valley Elder Services is a non-profit agency located in Malden, Mass., that provides essential home- and community-based care and resources to older adults, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop, regardless of their income level. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit [www.mves.org](http://www.mves.org).*