

IU School of Medicine SCOPE

February 13, 2009

Volume 13 Number 6 • Indianapolis, Indiana

Jing Wang, PhD, assistant professor of Chinese in the IU Department of World Languages and Cultures, will facilitate the next DiversiTea Session. Dr. Wang is an expert in the practice and culture of Chinese martial arts. The program will be from 10 to 11:30 a.m. Thursday, Feb. 19, in the Daly Student Center, room 186.

Discussion will include the history of T'ai Chi (Tie Chee), features of the movements, T'ai Chi and Chinese philosophy, T'ai Chi and Chinese health care tradition, and ways to practice T'ai Chi.

T'ai Chi originated in China as a martial art and over time has developed into a form of exercise. It has been described as "meditation in motion" because of how the movements connect the mind and body. It is often practiced to increase flexibility, reduce stress, improve muscle strength, and increase energy and feelings of well being.

RSVP by **Friday, Feb. 6**, to mlaystro@iupui.edu or 274-7217

DiversiTea is a collaborative staff development initiative of the Dean's Office-HR Services and the Office of Multicultural Affairs. These sessions provide an opportunity to share information, expand thoughts and understanding through informal dialogue between the presenter and IUSM staff while utilizing the universal tradition of tea drinking to recognize our similarities and celebrate our differences.