

## Chinese Massage Sends Health to Trojans while Taichi is Followed with Attention

On March 26<sup>th</sup>, 2015, Confucius Institute at Troy University(CIT) held the 3<sup>rd</sup> Chinese Corner event this term as planned with theme as *Traditional Chinese Massage with the Health Care of Neck and Shoulder* this week. CIT teachers and staff introduced the history and basic theory of traditional Chinese massage, and invited present audiences to experience massage. The whole event lasted for more than 2 hours.



As the same health topic, CIT Taichi class has obtained continuous attention and participation among Trojans. As weather turns warmer, the location of Taichi class was changed from indoor to outdoor, where it is beneficial for the practitioner's health. Taichi class meets 2 pm to 3 pm every Thursday. Welcome to follow on CIT website and Facebook.

