

5th Annual Tai Chi in Hermann Park Community Health Challenge

Purpose

The purpose of the *Tai Chi in Hermann Park Community Health Challenge* is to empower Houstonians to make a positive community impact and participate in a community wide show of solidarity for a healthy city and healthy citizens.



Opportunity

Through the *Community Health Challenge*, participants dedicate their Tai Chi and do it in honor of a nonprofit organization. Participants raise funds and increase awareness for their selected cause and experience how making a difference for others *makes a difference for them*. Sponsors contribute in favor of healthy cities and healthy citizens.

Benefits

In addition to providing a turn-key annual team building and wellness event for sponsors, nonprofits and participants, this event contributes to the healthy city initiative to make Houston a healthier place to live, work and visit.

Corporate Sponsor Benefits

- Contributes to employee health
- Provides advertising and marketing visibility
- Provides community equity
- Provides making an impact to good causes

Nonprofit Benefits

- Provides a creative cause awareness campaign
- Provides opportunity to win charitable funds
- Provides peer to peer fundraising platform
- Contributes to the health of supporters

Date, Time, Location

The event is at Hermann Park on four **Saturdays – March 5, 12, 19, 25.**

- The first three Saturday sessions will be from **9am – 10am.**
- On the final Saturday from **9am – 11am**, Hermann Park Conservancy, Living Well Therapies and Reason2Race will host the **5th Annual Tai Chi in Hermann Park Community Health Challenge Event.**

The event is co-produced by Living Well Therapies and Reason2Race®



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About Living Well Therapies



Houston-based Living Well Therapies, under the direction of founder Henderson Smith, seeks to encourage conscious living, engage human potential and empower humanity to exercise self-mastery in the pursuit of health, happiness and a higher quality of life. With the central theme of empowering a more conscious level of individual responsibility, the company includes three divisions: worksite wellness, community wellness and individual wellness. A Sr. Fellow of the American Leadership Forum Medical Class 5 and founding member of the Board of Directors for the Houston Wellness Association, Henderson Smith holds credentials from the institute of Integral Qigong & Tai Chi and the National Qigong Association and is one of Houston's foremost practitioners of Tai Chi. He has helped countless people improve their health, relationships and workplace performance through applying the life principles and practicing the physical movements of Tai Chi.

To learn more about Living Well Therapies, visit livingwelltherapies.net. Tel: 713.412.2157

About Reason2Race



Houston-based Reason2Race provides athletes of all levels the opportunity to enhance their athletic experience. Reason2Race guides them on how to include the community in the journey to their finish line. They understand that when individuals take on goals, having an accountability structure supports them in making those goals a reality; therefore Reason2Race partners with 501c3 nonprofits to give individuals motivation in achieving in their athletic endeavors. They have worked with dozens of athletes of all levels participating in events all around the world. In the process, hundreds of thousands of dollars have been raised for dozens of local and international causes. Those who chose a Reason2Race succeed not only in their personal achievements but in making a community impact. Reason2Race also works directly with nonprofits, event directors and corporations to make the difference they are committed to making.

To learn more about Reason2Race, visit reason2race.com. Tel: 713.322.7150