



# Hiromi T'ai Chi

Old Michie Building Suite 110  
609 E. Market St. Charlottesville, VA 22902  
[www.HiromiTaiChi.org](http://www.HiromiTaiChi.org)

July 18, 2013

Dear Sir or Madame,

My name is Hiromi Johnson. I am a founder and director of Hiromi T'ai Chi, a non-profit educational organization teaching the art and health benefits of T'ai Chi in Charlottesville community.

I am originally from Tokyo, Japan. My husband and I moved to Charlottesville 15 years ago. In Japan, we celebrate "Respect the Elderly" on the third Monday in September. It is a holiday to honor the elderly citizens. The origin of this national holiday traces back to September 15, 1947.

I would like to bring this tradition to honor the senior citizens. Hiromi T'ai Chi will hold the "Respect the Elderly" Week from September 9 (Mon) to 15 (Sun). Our instructors and I would like to visit centers and organizations to give a 30 – 45 minute T'ai Chi presentation for free on a first come, first served basis. Please choose your preferred date and time from the attached schedule chart.

T'ai Chi is proven to prevent falls in elderly and people in wheelchairs can practice, too.

I have been working with Mary Williams Senior Center and they put up a video of our class on Youtube. Please check it out at

<http://youtu.be/px5HTmMykkM>

I am excited to share the benefit of T'ai Chi with seniors. If you are interested in this program, please contact us at [hiromi@hiromitaichi.org](mailto:hiromi@hiromitaichi.org).

I look forward to sharing this wonderful exercise with your community.

Sincerely,

Hiromi Johnson  
Founder & Director  
Hiromi T'ai Chi