

OUR WELLNESS OFFERINGS

- On-site Tai Chi wellness programs.
- Stress management, holistic medicine, and mind-body wellness coaching.
- Tai Chi is relatively easy to do, fun to practice, and simple to implement.
- Corporate Tai Chi programs can be easily adapted to suit your particular needs, require no special or costly equipment, can be practiced indoors or outdoors, and is safe for all ages and fitness levels.

Our Director



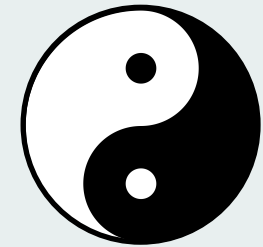
Camilo Sanchez
L.Ac , MOM

Camilo is a licensed acupuncturist in North Carolina with a Master's degree in Oriental medicine and twenty-six years of clinical and teaching experience. He is a recognized Master instructor of Tai Chi, Qigong and Taoist yoga, and a 20th generation Chen Tai Chi lineage disciple under the 19th generation Master Zhang Xue Xin of Beijing.

Camilo is founder and director of the Empower Life Center in Charlotte, NC, where he offers treatment programs of Acupuncture and Chinese medicine, corporate Tai Chi wellness programs, stress management, mind-body wellness coaching, and authentic instruction of Chen Tai Chi.

CORPORATE TAI CHI WELLNESS PROGRAM

‘Furthering mind and body wellness through Tai Chi’



Empower Life Center
Integrating body,
energy, and spirit

14136 Lancaster Hwy
Charlotte, NC
704-542-8088

ABOUT US



We are a mind and body wellness company specializing in developing and implementing Corporate Tai Chi wellness programs, stress management, holistic medicine, and mind-body wellness coaching.

We are conveniently located in the Ballantyne area and just minutes from you.

OUR EXPERTISE

Our unique background in holistic medicine and 26 years experience in mind-body wellness and Tai Chi gives us a unique perspective and understanding about the importance of the mind-body connection in both preventing chronic health disorders and promoting optimal wellness.



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THE COST OF UNMANAGED WELLNESS

- For most companies the cost of health care for their employees makes a significant percentage of their operating yearly expenses.
- Corporations lose \$576 billion annually due to sick days, absenteeism, and disability.
- It is estimated that US businesses spend more than \$300 billion annually due to stress related illnesses.
- Chronic stress accounts for 70-85% of doctor visits. The majority of conditions reported include stress, depression, anxiety, and musculoskeletal pain.

WHY TAI CHI?

Tai Chi originated as an internal martial art in China and over time it developed as a health and fitness exercise. Unlike most fitness programs that emphasize muscle strength and cardiovascular conditioning, Tai Chi focuses on simultaneously improving health, enhancing wellness, and balancing the mind. And while it is true that most forms of exercise are beneficial for stress reduction, it is the mind-body connection that is the core of Tai Chi practice.

Most chronic health disorders can be prevented and improved through a combination of exercise, stress reduction, nutrition, and a balanced life style.

TAI-CHI BASED CORPORATE WELLNESS BENEFITS



- Reduces stress and its related health disorders.
- Fosters better mood and psychological well-being leading to increased productivity in the work place.
- Improves overall markers of wellness including blood pressure, heart health, cholesterol, blood sugar, immune system, vital lung capacity, range of motion, energy level, and mental focus.
- May lower the incidence of common health disorders and reduce the severity of chronic illness.
- Increases relaxation and reduces tension, depression, anger and fatigue All of these in the convenience of your work place.

