Lab Session Overview:
10:30 AM - 4PM – transportation provided by HAPI-CHI

Morning
Blood & Urine Sample Collection
Health History Interview
Balance & Posture Tests

Lunch – Meal is provided by HAPI-CHI
Blood Pressure & Blood Flow Testing
• EKG measurements various positions
• Pulse Wave Velocity
• Stationary Bicycle Test

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Quick Overview

Randomization: By participating in the HAPI-CHI research study, you are agreeing to participate in an assigned program. Your assignment will be based on chance and is randomly assigned to you.

Interactive seminar series: 1 class per week – 2h each
Movement based Tai Chi: 2 class per week – 1h each

Participation in all aspects of this study are strictly voluntary. You may refuse to participate or withdraw at any time without penalty or loss of benefits to which you are entitled.

Earn up to:
$75
$50/$25
$100
$25
$25
$25

HAPI-CHI Contact: Office: 619-543-2861 – Call us to schedule an appointment or for additional information