



Defender-cise

Led by Dr. Jerome Barber

Dr. Barber has his doctorate in Education, is a 10th degree black belt, and martial arts hall of fame member.

- A free 6-week tai-chi and self-defense inspired class begins October 10
- Designed to integrate balance, strength and stability with relaxed, slow paced movement
- Open to all people with a diagnosis of cancer and their caregivers

Tuesdays at 4pm
at Get Real and Heel



Contact carly_bailey@med.unc.edu for more information or to register