



Falls Prevention Awareness Week 2022

Exploring the Magic of Tai Chi for Arthritis & Fall Prevention

Wednesday, September 21st

12–1 pm via Zoom

[Registration LINK](#)

To register, click [HERE](#) or visit healthyagingnc.com

Tai Chi for Arthritis was developed by medical professionals to improve flexibility, strength and fitness.

Tai Chi is a powerful mind-body exercise which helps to reduce stress and improve relaxation.

Tai Chi also helps to relieve pain, improve physical function, increase balance and reduce the risk of falls.

Join us to learn about research supporting the program and how North Carolinians have benefited from the program, and try a practice session!

