



Explore the magic of Tai Chi — Arthritis & Fall Prevention

Join us to learn how Tai Chi can reduce symptoms of arthritis and reduce the risk of falls. Learn how North Carolinians have benefited from the program, and try a practice session!

Information:

Date/Time: September 21st, 2022 from 12:00pm-1:00pm

Location: ECU Health Wellness Center Greenville Large Group Exercise Studio

Cost: Free

Register

Sign up online at tiny.cc/ecutaichi or call the front desk **252-847-6501**. Maximum of 25 participants.

You can also join the conversation at this Zoom Link:
t.ly/tdvn