



JOIN US FOR A
**TAI CHI FOR ARTHRITIS &
FALL PREVENTION
WORKSHOP**

10:00AM – 11:00AM
MONDAYS & WEDNESDAYS

January 18 – March 29

Introductory Session – Wednesday, Jan. 18

The workshop will be held ON ZOOM.

Register via this [LINK](#),

Email: healthyagingncinfo@gmail.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.

Classes are open to the public and offered at NO CHARGE to adults over 60 and adults with disabilities of any age.

