



Join us for an

# Introduction to Tai Chi for Arthritis & Fall Prevention Workshop !

Friday, December 8th  
11am – 12pm via Zoom

To register, click [HERE](#) or visit [healthyagingnc.com](http://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 for a practice session and learn how Tai Chi for Arthritis & Fall Prevention can benefit you!**

