



Join us for an

Introduction to Tai Chi for Arthritis & Fall Prevention Workshop !

Friday, November 17th
11am – 12pm via Zoom

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 for a practice session and learn how Tai Chi for Arthritis & Fall Prevention can benefit you!

