

Tai Chi for Arthritis & Fall Prevention Session

Come to the introduction session of Tai Chi for Arthritis & Fall Prevention to learn about the many health benefits Tai Chi Arthritis & Fall Prevention has to offer. Tai Chi helps to improve balance, increase muscular strength and improve mobility. Evidence has shown that tai chi is an effective exercise to prevent falls.

Introduction to Tai Chi Arthritis and Fall Prevention

**Where - Senior Center, 101 Stone Chimney
Road, Supply, NC**

Monday, January 29, 2024 at 12:30

**Tai Chi for Arthritis & Fall Prevention 8 week session begins
Monday, February 5, 2024**

**8 week session will run Mondays & Wednesdays at 12:30 pm
There will be a \$20.00 fee at the beginning of the first session.
(Handbook included) (You'll receive a full refund when you
complete at 11 out of 16 sessions)**

