Dr Paul Lam
Tai Chi for Health Institute
EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING

Find Strength in Motion

Balance, Breathe, & Prevent Falls with Tai Chi for Arthritis and Fall Prevention

At the age of 84, I have been doing TCAFP on a daily basis, like taking a daily vitamin. It is my prescription to help maintain my balance, physical and mental well-being. I know I can enjoy a longer life of quality that permits me to enjoy my 5 grandchildren and see them grow into adulthood."

— Tai Chi for Arthritis and Fall Prevention participant

The Tai Chi for Arthritis and Fall Prevention program is perfect for adults of all fitness levels, including those with arthritis or an increased fall risk, classes focus on enhancing strength, flexibility, and weight transfer through easy-to-learn movements.

Benefits to You

- Improve balance and mobility
- Increase strength and flexibility
- Improve psychological health
- Decrease pain and reduce fall risk

Class dates and times:

Class location:

Register:

For questions, contact: