



Tai Chi for Arthritis and Fall Prevention

Tai Chi is an ancient Chinese exercise program that promotes strength, flexibility and balance to help you better manage arthritis and lower your risk of experiencing a fall. You'll learn:

- Warm-up and cool-down exercises
- 1-2 core movements per session (8 weeks total)
- Breathing techniques
- Principles relating to improving physical and mental balance

Classes meet twice a week for eight weeks. Older adults and caregivers welcome!

Countryside YMCA

2894 W US Highway 22 and 3 Maineville, 45039

Mondays and Wednesdays | 10:00 – 11:00 am

September 9 – October 30

Registration Closes September 3

To register for this free workshop, visit

www.help4seniors.org/workshops

or call (513) 345-8637.



Dr Paul Lam

Tai Chi for Health Institute

EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING

