



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!

Deerfield Township at Kingswood Park Activity Center

4188 Irwin-Simpson Rd Mason 45040

Tuesdays April 1st – May 22nd

11:15 a.m. – 12:15 p.m.

Registration Closes: March 25, 2025

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

