



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!

Tai Chi at Kingswood Park Activity Center

Hosted by Deerfield Township at 4188 Irwin-Simpson Rd, Mason, OH 45040

Mondays and Wednesdays | 1:00 – 2:00 p.m.

January 26 – March 23, 2026, **SKIPS** 2/16/26 holiday.

Online registration closes Jan. 19, 2026.

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

