



# **TAI CHI FOR ARTHRITIS**

**AND FALL PREVENTION**  
(Beginner level)

**Tuesdays and Fridays**  
**12:30 P.M. to 1:30 P.M.**

**Starting September 27, 2022**  
*TWICE a week for eight weeks*

**Olive Free Library**  
**4033 Route 28A,**  
**West Shokan, NY.**

*We ask that you be willing to make the commitment  
to be at this class twice a week for all eight weeks.*

*This is a program that builds on each class.*

*Masks are optional at discretion of presenter.*

**MUST R.S.V.P. Space is limited!**  
**Call 845-340-3456.**

Contributions are welcome and help keep programs available. Thank you. Funding for this program is made possible through NYSOFA, Ulster County and your contributions & is offered as part of the NYS Department of Health & Older Adult Fall Prevention Program.

## **What is tai chi?**

Tai chi is a slow, rhythmic, and graceful exercise that promotes good health & overall wellbeing.

## **What are the benefits?**

- Increase strength, flexibility, and mobility
- Improve posture and balance
- Reduction of pain and stress
- An alert, serene mind
- Harmony of body, mind, and spirit

**Sponsored by**  
**U.C. Office for  
the Aging**  
**845-340-3456**

