



# Tai Chi for Arthritis & Falls Prevention

## What is Tai Chi?

Tai Chi is an ancient Chinese practice of slow, continuous, whole body movements, strung together in a “form.” Like dance, the movements are learned and followed one after another, in a specific order.

**Tuesdays &  
Thursdays**

April 26– June 16

9:00am-10:00am

Washington County  
Burgoyne Campus

1153 Burgoyne Ave, Fort Edward NY

**Registration Required**

To Register or Ask Questions call:  
Washington County Public Health  
(518) 746-2400 ext 3478

Please leave your name and a phone number where you can be reached for a call back for registration confirmation.

## **About Tai Chi for Arthritis Classes:**

- ◆ Classes are Free
- ◆ Participants will be spaced out, but will have to wear a mask.
- ◆ Classes are taught by a Certified Tai Chi Instructor.
- ◆ Classes are held 2 times a week, for 8 weeks. The form is learned in order, so it is important to come to as many classes as possible.
- ◆ You will be given handouts to support what is covered in class, to help with your practice at home.
- ◆ Classes are tailored to your abilities, all ability levels are welcome!

**Great for Beginners!  
Step-by -Step instruction  
makes it EASY to learn!**

## **What are the Benefits?**

- Increase strength, balance, posture, flexibility, sense of wellbeing
- Reduce risks of falls
- Improved mind, body and spirit
- Reduce stress and joint pain