



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.

Mondays & Wednesdays

October 3rd– November 23rd

(No Class Monday, October 10th)

9:30am-10:30am

Fort Ann

Volunteer Fire Department

11289 NY-149, Fort Ann, NY 12827

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