



Online Tai Chi for Arthritis & Falls Prevention

Free 10-week class
online via Zoom

*Please plan to join with a
camera if possible*

**Mondays &
Wednesdays**

1:00—2:00 PM EST
Jan 11 — March 17

Register:

bit.ly/taichi2021monwed

or

**Tuesdays &
Thursdays**

3:30 - 4:30PM EST
Jan 12 — March 18

Register:

bit.ly/taichi2021tuesthurs

For more info, contact:

Lauryn Lin

lrin@msu.edu

You will receive a Zoom link and
password will after registering.



Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention.



Tai chi:

- Increases strength
- Improves balance and posture
- Prevents falls
- Strengthens mind, body, and spirit
- Reduces stress and increases relaxation

This class will introduce 12
beginner tai chi forms.



Modifications will be provided for those who wish to participate seated or standing.

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Accommodations for persons with disabilities may be requested by contacting Lauryn Lin at lrin@msu.edu by December 28, 2020 to make arrangements. Requests received after this date will be fulfilled when possible.

