



# Tai Chi for Arthritis and Falls Prevention

## DATEs:

**Tuesday and  
Thursdays 2-3 pm  
Sept 20—Nov 17, 2022**

## LOCATION:

**On-line via Zoom**

Participants will receive email prior to first session that will provide Zoom link and series paperwork.

**COST: Free**

**REGISTER On-Line:**

**TO SIGN UP, PLEASE CLICK:**

[https://  
events.anr.msu.edu/  
VirtuaItaichiSeptNovJK  
/](https://events.anr.msu.edu/VirtuaItaichiSeptNovJK/)



## Presenters:

**Jacqui Rabine  
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**Kris Swartzendruber  
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**Liz Williams  
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**PROGRAM SUMMARY:** Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention.

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

Modifications will be provided for those who want to attend seated or standing.

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