



Tai Chi for Arthritis and Falls Prevention Intro

DATES:

**Select Tuesdays and
Thursdays**

June 3, 5, 10, 17

July 15, 17, 22, 31

August 12, 14, 19, 21, 26, 28

Class will run from 9 - 10 am

LOCATION:

**Thompson Community
Center**

**11370 Hupp Ave,
Warren, MI, 48089**

COST: Free

**To Register: Please call
(586) 469-7614**

Presenter:

**Jacqui Rabine
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(248) 930-4125**



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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