

Tai Chi for Arthritis and **Falls Prevention Intro**

DATES:

Select Tuesdays **September 16, 23, 30** October 7, 14 21, 28 November 11, 25 **December 2, 9, 16, 23**

TIME:

Class will run from 11 am - 12 pm

LOCATION:

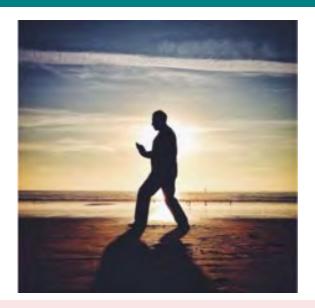
Thompson Community Center 11370 Hupp Ave, Warren, MI, 48089

COST: Free

To Register: Please call (586) 469-7614

Presenter:

Jacqui Rabine rabineja@msu.edu (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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