



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
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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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