



Tai Chi for Arthritis and Falls Prevention Intro

DATES:

Wednesdays

January 7, 14, 21, 28

February 4, 11, 18, 25

March 4, 11, 18, 25

April 1, 8, 22, 29

**Class will run from
10am—11am**

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.

Photo credit (left) ©istock.com/Ricardolmagen (top) ©istockphoto.com/fotostorm

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations.