



Tai Chi for Arthritis and Falls Prevention Intro

DATES:

Tuesdays

January 6, 13, 20, 27

February 3, 10, 17, 24

March 3, 10, 17, 24

April 21, 28

May 5

**Class will run from 1
pm - 2 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**



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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