



## Tai Chi for Arthritis and Falls Prevention Intro

### DATEs:

**Mondays**

**June 15, 22, 29**

**July 6, 13, 20, 27**

**August 3, 10, 17, 24**

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

### LOCATION:

**Assembly rooms at  
Verkuilen Building  
21885 Dunham Rd  
Clinton Twp., MI, 48036  
Use Entrance "E"**

**COST: Free**

**To Register: Please call  
(586) 469-7614 or email  
[rabineja@msu.edu](mailto:rabineja@msu.edu)**

### Presenter:

**Jacqui Rabine  
(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.

Please dress comfortably and wear tennis shoes. Bringing water is recommended.

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