



Tai Chi is a powerful mind-body exercise which helps to reduce stress and improve relaxation.

Tai Chi also helps to relieve pain, improve physical function, increase balance and reduce the risk of falls.

Tai Chi for Arthritis was developed by medical professionals to improve flexibility, strength and fitness.

## Zoom Tai Chi for Arthritis and Falls Prevention

**Fridays:** 12/9/20, 12/16/20, 12/23/20, 12/30/20, 1/06/21, 1/13/21, 1/20/21, 1/27/21, 2/03/21, 2/10/21, 2/17/21, 2/24/21, 3/03/21, 3/10/21, 3/17/21, 3/24/21, 3/31/21, 4/07/21, 4/14/21, 4/21/21

**11:00am - 12:00 pm**

*Orientation to the on-line format will be held on **Wednesday, December 2nd at 11am** and is required for all participants*

**Register for this FREE program by contacting 828.251.7438 or [stephanie@landofsky.org](mailto:stephanie@landofsky.org)**