



## Tai Chi for Arthritis and Falls Prevention On Zoom

Mondays and Thursdays

September 16 through November 22, 2021

9:00am - 10:00am

Session Zero for help with tech set-up and orientation to the online format will be held on Monday September 13, at 9:00am

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

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

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

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

