Tai Chi for Arthritis uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

Tai Chi will help individuals reduce stress, increase balance and flexibility, feel relaxed and improve overall mind, body and spirit. Medical studies confirm the Tai Chi program relieves pain, reduces falls and improves quality of life. The class is for everyone, not just those with arthritis.

**Tai Chi Class, led by a certified instructor, includes:**
*Warm Up and Cool Down exercises and six basic core movements.*

Mon & Fri April 11—June 3, 2016
10 AM—11 AM
Pre-registration required

*Each one hour class meet two times per week for eight weeks and are designed to be relaxing and enjoyable.*