



TAI CHI FOR ARTHRITIS

Mondays AND Wednesdays
11:00 a.m.

Starting April 8th, 2019

TWICE a week for eight weeks

Shawangunk Town Hall Community Room
14 Central Ave, Walkill NY

We ask that you be willing to make the commitment to be at this class twice a week for all eight weeks. This is a program that builds on each class.

MUST RSVP-Space is limited!

Call OFA: 845-340-3456

This program is offered as part of the NYS Department of Health & Older Adult Fall Prevention Program

What is tai chi?

Tai chi combines slow movement with deep breathing.

What are the benefits?

- Increase strength
- Improve balance and posture
- Prevent falls
- Strengthen mind, body and spirit
- Reduce stress and support relaxation

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**UC Office for
the Aging**

845-340-3456

