

**Spring
2020!**

Tai Chi for Arthritis

Tai Chi for Arthritis is an evidenced based program that has been proven to help reduce the risk of falls by:

- Movement control
- Weight transference
- Integration of mind and body.



Greenwich & Kingsbury

Starts March 11, 2020

Wednesdays & Fridays 8:30-9:30 am

Greenwich Free Library

148 Main St, Greenwich, NY 12834

Starts March 2, 2020

Mondays & Wednesdays 11:30am-12:30pm

Kingsbury Voluntary Fire Department,

3715 Burgoyne Ave, Hudson Falls

**Registration
Required**

To Register or Ask Questions call:

Washington County Public Health (518) 746-2400 ext 2415

**Classes
are Free!**

Please leave your name and a phone number where you can be reached for a call back for registration confirmation.

What is Tai Chi?

Tai Chi is an ancient Chinese practice of slow, continuous, whole body movements, strung together in a "form." Like dance, the movements are learned and followed one after another, in a specific order.

Tai Chi has been shown to increase

- strength
- flexibility
- sense of wellbeing
- balance

Tai chi also shown to decrease

- pain in joints
- stress
- high blood pressure
- falls and fall risks

About Tai Chi for Arthritis Classes:

- ♦ Classes are Taught by Certified Tai Chi Instructors.
- ♦ Classes are held 2 times a week, for 8 weeks.
- ♦ You will be given handouts to support what is covered in class, to help with your practice at home.
- ♦ Classes are tailored to your abilities, all ability levels are welcome!

**Great for Beginners!
Step-by-Step instruction
makes it EASY to learn!**

This program is offered as part of the NYS Department of Health Older Adult Fall Prevention Program. Classes are brought to you by Washington County Public Health, and the Washington County Aging & Disability Resource Center,