



# Tai Chi for Arthritis & Falls Prevention

## 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.

## Registration Required

To Register or Ask Questions call:  
Washington County Public Health  
(518) 746-2400 ext 3478

**Classes are 9:30am-10:30am and  
begin September 18, 2023**

**Choose From:**

**Mondays & Thursdays**

**Salem-Proudfit Hall**

181 S Main St, Salem, NY 12865

**OR**

**Mondays & Wednesdays**

**Hartford Fire Department**

8118 NY-40, Granville, NY 12832

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

## About Tai Chi for Arthritis Classes:

- ◆ Classes are Free.
- ◆ For Washington County residents.
- ◆ Classes are taught by a Certified Tai Chi Instructors.
- ◆ Participants meet 2 times a week, for 8 weeks. The form is learned in order, so it is important to come to as many classes as possible.
- ◆ 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!**

## What are the Benefits?

- Increase strength, balance, posture, flexibility, sense of wellbeing
- Reduce risks of falls
- Improved mind, body and spirit
- Reduce stress and joint pain

