

# TAI CHI FOR ARTHRITIS and FALL PREVENTION



Tai Chi for Arthritis incorporates exercises that improve muscular strength, flexibility, and fitness plus is easy to learn, safe for people with arthritis, and can aid in fall prevention! The essential principles of tai chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi consists of slow continuous whole-body movements strung together in a form. The movements are learned and follow one after the other.

**Benefits:** Increase strength and flexibility / decrease pain in joints / decrease stress/ improve confidence / help reduce high blood pressure / increase sense of well-being / improve balance and reduce risk of falls

**Join our 8 week virtual Tai Chi class series! Access to IPAD, computer, or device with camera necessary. The 45 minute class will meet every Tuesday AND Thursday @ 2:00 pm-2:45 pm**

**January 5<sup>th</sup> through February 25<sup>th</sup>.**

\*This class cover the 6 basic forms and 6 advanced forms for  
Arthritis and Fall Prevention.

Pre-registration required.

**To register contact Tammy Richmond @ OFA #585-396-4046**

**[Tammy.Richmond@ontariocountyny.gov](mailto:Tammy.Richmond@ontariocountyny.gov)**

Classes will be facilitated by Jamie Buttaccio, Tai Chi for Health Institute Board Certified Instructor for Ta Chi for Arthritis and Tai Chi for Fall Prevention.