

TAI CHI FOR ARTHRITIS



CERTIFIED INSTRUCTOR:

Jamie Buttaccio

Where:

80 Parrish Street Apartments
80 Parrish Street
Canandaigua, NY

When:

February 12th – April 2nd, 2019
8 week progressive course
Tuesdays – 11:15 am to 12:00 Noon

45 minute class each week
for eight weeks

DECREASE PAIN

INCREASE RELAXATION

**IMPROVE FLEXIBILITY,
STRENGTH AND
BALANCE**

**IMPROVED MUSCULAR
STRENGTH**

**WEAR COMFORTABLE
CLOTHES AND
SHOES**

**MEN AND WOMEN AGE 60
OR OLDER WELCOME**

**CAREGIVERS ARE
WELCOME TO
PARTICIPATE**

Registration is required.

To register, Please call the
Office for the Aging
585-396-4040 or
585-396-4046

**Sponsored by the Ontario County Office for the Aging
with a grant from the
New York State Office for the aging**