

Learn to prevent falls by strengthening your body and mind.

Tai Chi for Arthritis

Just because you have arthritis doesn't mean you can't enjoy the many benefits of gentle Tai Chi exercise.

Join this workshop of 20 one-hour long sessions and you'll learn:

- One or two Tai Chi movements per session
- All six core basic movements in the Tai Chi Sun Style
- Arthritis-friendly movements modified for mobility
- Relaxing breathing techniques
- Tai Chi principles that build balance of mind and body



Tai Chi for Arthritis will improve your quality of life in so many ways!

- Better balance
- More strength
- Improved range of motion
- Increased flexibility
- Enhanced psychological health
- Decreased pain
- Prevented falls

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