

Tai Chi for Arthritis & Falls Prevention

Virtual Online Program: 16 Sessions



Tai Chi is the ancient practice that combines slow moving with deep breathing.

Benefits of Tai Chi for Arthritis:

Increase strength, balance and posture

Prevent falls

Improve mind, body and spirit

Reduce stress and increase relaxation

Start Date: Monday, February 14, 2022 until April 7, 2022

Dates of week and time: Mondays & Thursdays at 10:30 a.m.- 11:30 a.m.

Registration required: to register [Click here](#)
or call (315) 464-8668

Participants meet for twice a week for eight weeks for a one-hour session. This program targets people living with arthritis. Medical studies have shown that Tai Chi relieves pain and improves the quality of life for people living with arthritis, though participants do not need to have arthritis to participate.

Voluntary contributions to the Office for Aging are accepted and used to expand services. No one will be denied services if unable or unwilling to contribute. A contribution in any amount is welcomed. Please make checks payable to OASIS. Thank you.



Administration for community Living NYS
Office for the Aging
Onondaga County Office for Aging

