

TAI CHI

FOR ARTHRITIS & FALL PREVENTION

Presented by:



CLASS #2

When: 1:30 pm each Wednesday, beginning August 23rd - October 11th

Where: Gloria de Cristo Lutheran Church

11273 E 40th Street (next to Sunset Vista Funeral Home)

For more information, or to sign up: Call Helping Hands (928) 305-9974

This program is free of charge

What is Tai Chi?

A gentle exercise combining slow movement, deep breathing, focused intention.

"A Moving Meditation"

What are the benefits?

- Increase strength, balance and posture
- Prevent falls
- Improve mind, body and spirit
- Reduce stress and increase relaxation

This program is recommended by the CDC, the Arthritis Foundation, and the Administration on Aging. For more information visit www.tchi.org



This program can be carried out from a standing or seated position. Community members of all ability levels are welcome.

