

# *Tai Chi for Arthritis and Fall Prevention*



Tai Chi has been shown to help prevent falls and improve health and quality of life. Tai Chi can help reduce pain and stiffness through a series of gentle, pain-free movements. It will help improve balance, strength, flexibility and stamina. Most importantly, Tai Chi can help improve quality of life both physically and mentally. This class can also be done while sitting in a chair. The instructor is a certified Tai Chi for Health instructor.



Tuesdays and Thursdays, January 15-March 7 (no class Feb. 7 & 21)  
6-7pm (Beginner)  
7-8pm (Advanced)  
South Middle School  
\$79

Register: [www.waukeeschools.org/commed](http://www.waukeeschools.org/commed) or call the CE office at 515-987-2761

