

TAI CHI FOR ARTHRITIS AND FALLS PREVENTION



Tai Chi for Arthritis & Falls Prevention

Online Program: 16 Sessions

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

Participants meet twice per week for eight weeks for one-hour sessions. Studies have shown that Tai Chi relieves pain and improves the quality of life for people living with arthritis. While this program is targeted to help those with arthritis, participants do not need to have arthritis to participate.

Location: ONLINE ZOOM CLASSES

Dates: Monday and Thursdays from January 23, 2023 - March 16, 2023

Time: 10:00 AM- 11:00 AM

Registration required: [CLICK HERE](#) to register online
or e-mail Livinghealthy@Upstate.edu

Participants must be 18 years of age and live in Onondaga County.

Each participant will receive a Tai Chi for Arthritis and Falls Prevention Handbook.

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.



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

