

# Tai Chi for Arthritis & Fall Prevention



Wednesdays & Fridays

August 20 - October 24

(self-led 10/15)

12:30 - 2:00 p.m.

Community Presbyterian Church

271 Main St., Forsyth

Tai Chi is one of the most effective exercises for health of mind and body. The TCAFP program is designed to **improve multiple aspects of health** through **slow, gentle movements** that can be practiced almost anywhere. The degree of exertion can be easily adjusted making this program suitable for adults of all levels and abilities but especially those with arthritic pain or concerns about falls. This evidence based program includes benefits such as pain relief, improved balance, and reduced falls. Participants will learn warm-up exercises, 6 Basic forms, 6 Advanced forms, and a cool down during **19, 90-minute classes held two times a week**. Participants need to be available for most classes because each class builds on the previous one and regular attendance is essential for success. The one-time cost of \$50/participant which covers all 19 classes is being funded by Skaggs Foundation.

## Practicing in Tai Chi can help:

- improve health of the body and mind through movement and mindfulness
- reduce pain associated with disease and arthritis
- improve mobility and prevent falls

**SPACE IS LIMITED register to reserve your spot today:** (pre-registration required)

**Register Online, Call or Stop by the office:**

Taney County Extension Center  
122 Felkins Ave  
Forsyth  
417-546-4431

\$50/participant fee for all 19 classes funded by Skaggs Foundation

\*If class is full, please call to be put on a waiting list.

 **Extension**  
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A BURRELL HEALTH AFFILIATE

  
**Skaggs**  
FOUNDATION