



TAI CHI FOR ARTHRITIS

AND FALL PREVENTION
(Beginner level)

Wednesdays and Fridays

1:30 P.M. – 2:30 P.M.

Starting February 2, 2022

TWICE a week for eight weeks

**Hurley Reformed Church
11 Main Street, Hurley, NY.**

We ask that you be willing to make the commitment to be at this class twice a week for all eight weeks. This is a program that builds on each class.

**MUST R.S.V.P. Space is limited!
Call 845-340-3456.**

Contributions are welcome and help keep programs available. Thank you. This program is offered as part of the NYS Department of Health & Older Adult Fall Prevention Program.

What is tai chi?

Tai chi is a slow, rhythmic, and graceful exercise that promotes good health & overall wellbeing.

What are the benefits?

- Increase strength, flexibility, and mobility
- Improve posture and balance
- Reduction of pain and stress
- An alert, serene mind
- Harmony of body, mind, and spirit

Sponsored by
**U.C. Office for
the Aging
845-340-3456**



Social distancing guidelines will be followed. Please wear a mask regardless of vaccination status. Proof of vaccination may be requested.