

FREE!

Tai Chi for Arthritis At CareFirst

Based on Sun Style tai chi, *Tai Chi for Arthritis* is an 8-week group designed to help older adults improve balance, flexibility, and posture. The program meets for 1-hour classes, twice a week for 8 weeks. Proven to reduce the risk of falls by 70%, the program incorporates powerful Qigong breathing exercises. ***You do not have to have arthritis to benefit from the classes.***



Classes will meet at **CareFirst**, 3805 Meads Creek Road, Painted Post
Mondays and Wednesdays

9:00 - 10:00 a.m.

October 2nd - November 22nd

Instructor: Cindy Hayes

This workshop is free of charge for all adults

2-WAYS TO REGISTER:

- Register online at: www.qtacny.org and click on "Find a Workshop." Enter your zip code and click "Search"
- Call the Steuben County Office for that Aging at 607-664-2298

For more information, contact the Office for the Aging and RSVP at
607-664-2298

This program is offered as a part of the NYS Department of Health Older Adult Fall Prevention Program through partnerships with:



**Steuben County
Office for the Aging**



NY Connects
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Services and Supports

of STEUBEN COUNTY

