



Tai Chi for Arthritis and Fall Prevention

- Tai Chi for Arthritis was developed by medical professionals to increase your strength, flexibility, and fitness.
- Proven to increase balance and reduce your fall risk.
- Improves relaxation and decreases stress.

Free 8-week program every Monday and Wednesday from 11:00 am to 12:00 pm starting on:

June 3, 2024 through July 31, 2024.

Program includes a pre and post balance assessment.

Class Size is limited to 12 participants so register early!

Location: **Seven Devils Community Center**
1356 Seven Devils Road

Time: 11:00 am to 12:00 pm
(week of July 4th we will hold no classes)

Register: **Email Jewel McKinney at parksandrec@sevendevilsnc.gov**
or call 828 963-5343 Ext 113

Instructor: Janet Pepin, Certified TCAFP Instructor

This program is provided via a grant from the High Country Area Agency on Aging and the Blue Cross NC Institute of Health at ASU.

