



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:**

August 5, 2024 through September 30, 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
 (No class will be held on September 2nd.)

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.*

