

Tai Chi for Arthritis and Fall Prevention - Summer 2024

Summer 2024, Town of Seven Devils in conjunction with the High Country Area Agency on Aging and the Blue Cross NC Institute of Health at Appalachian State University is offering 2 sessions of Tai Chi for Arthritis & Fall Prevention. Participants need to be prepared to attend the entire session they register for.

REGISTRATION IS REQUIRED FOR BOTH SESSIONS. Email [parksandrec \[at\] sevendevisnc.gov](mailto:parksandrec@sevendevisnc.gov) to register.

Both sessions will be held at the Seven Devils Community Center located at 1356 Seven Devils Rd.

Supporting Documents

[Session 1 Flyer & Details 208.73 KB](#)

[Session 2 Flyer & Details 208.88 KB](#)