

Tai Chi for Arthritis and Falls Prevention

CLASS INFORMATION

Dates

October: 12, 13, 19, 21, 26, 28

November: 2, 4, 9, 10, 17, 18

Time: 11:00 A.M. –NOON

Hosted by:

**Bellamy Center
Activity Room
500 Pierce Street
Clinton, NC**

**Register by calling
(910) 299-4900
ext. 3074**

**Fee: No Cost
Voluntary Contributions
accepted**

Instructors:

Angela Faircloth, Certified Tai Chi for Arthritis Instructor
Tracy Davis, Certified Tai Chi for Arthritis Instructor



Based on the Sun style, Tai Chi for Arthritis is a low-impact physical activity program that includes gentle movements suitable for people of all ages, mobility, ability, and fitness levels with any form of arthritis. Tai Chi for Arthritis is also proven to help reduce the prevalence of falls among older adults.



Benefits include:

- Increased range of motion, strength & flexibility
- Improved balance
- Better breathing
- More energy



Program presented by:

Mid-Carolina Area Agency on Aging

P O Drawer 1510 * Fayetteville, NC 28302

Phone: 910-323-4191 * Website: www.mccog.org

In partnership with:

Sampson County Department of Aging * Clinton Parks & Recreation