

# Tai Chi for Arthritis and Falls Prevention

## CLASS INFORMATION

### Dates

Monday & Wednesday

January 8-March 4

Time: 2:00-3:00 PM

Hosted by:  
Tokay Senior Fitness  
Center located:  
328 W. Hamilton St.  
Fayetteville, NC

To Register contact  
(910) 433-1414

**Fee: NO COST**

Voluntary Contributions  
accepted

### Instructors:

Greg Beers; Certified Tai Chi  
for Arthritis & Fall Prevention  
Instructor



Tai Chi for Health is an evidence-based program proven to help older adults maintain healthy lifestyle. 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
- Feel better



Evidence shows that to receive benefits from Tai Chi you have to receive 11 hours of instruction. The class is a progression in that you review and learn something new each session. There-



Program presented by:

Mid-Carolina Area Agency on Aging  
6205 Raeford Road \* Fayetteville, NC 28304  
Phone: 910-323-4191