

Tai Chi for Arthritis and Falls Prevention

CLASS INFORMATION

Dates

Tuesday & Thursday

Sept. 8-Nov. 15, 2022

Time: 10:00-11:00 A.M.

Hosted by:

**Bill Crisp Senior
Center located:
7560 Raeford Rd
Fayetteville, NC 28304**

**To register call:
(910) 433-1574**

Fee: NO COST
Voluntary Contributions
accepted

Instructors:

**Tracy Honeycutt, Certified
Tai Chi for Arthritis & Fall
Prevention Instructor**
**James Biggs, Certified Tai
Chi for Arthritis & Falls Pre-
vention 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 16 hours of instruction. The class is a progression in that you review and learn something new each session. Therefore we ask that you commit to at least 16 of the 20 sessions in order to complete the course.



Program presented by:

Mid-Carolina Area Agency on Aging

6205 Raeford Road * Fayetteville, NC 28304

Phone: 910-323-4191