

# Tai Chi Part 2

## CLASS INFORMATION

### Dates

**Mondays & Wednesdays**

**Aug 28-Oct. 25, 2023**

**Time: 1:00-2:00 P.M.**

### Location:

**Tokay Senior Center  
328 W. Hamilton St.  
Fayetteville NC 28301**

**\*\*Must have taken Tai  
Chi Part 1 as a pre-  
requisite\*\***

**To register call:  
(910) 433-1414**

**Fee: NO COST**  
Voluntary Contributions  
accepted

### Instructor:

**Greg Beers; Certified Tai Chi  
for Arthritis & Fall Preven-  
tion 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. Therefore we ask that you commit to at least 11 of the 16 sessions in order to complete the course.



**MID-CAROLINA**  
REGIONAL COUNCIL  
*Creative Regional Solutions*

Program presented by:

Mid-Carolina Area Agency on Aging  
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