

Tai Chi for Arthritis and Falls Prevention

CLASS INFORMATION

Dates

Wednesday & Friday

Sept. 7-Nov. 16, 2022

Time: 09:00-10:00 A.M.

Hosted by:

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

**To Register contact
Brian Gaskell at:
(910) 433-1414**

Fee: NO COST
Voluntary Contributions
accepted

Instructors:

**Brian Gaskell, Certified Tai
Chi for Arthritis & Fall Pre-
vention Instructor
Dawnelle Pham, 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