



MID-CAROLINA
REGIONAL COUNCIL

TAI CHI CLASS



BENEFITS INCLUDE:

- Increased range of motion, strength & flexibility
- Improved balance
- Better breathing & mindfulness
- More energy and just feeling better!

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.

Tuesdays & Thursdays



Sept. 1-Oct. 29, 2026

5:30-6:30 PM

*****We recommend registering for all sessions in this series as this is a progressive class.**

**North Regional Public Library
855 McArthur Road,
Fayetteville, NC 28311**



TO REGISTER:

910-483-7727 EXT. 1436

**Participants
need to attend 11
of the 16 classes
for full benefit!**