

Tai Chi

**for arthritis and
fall prevention**



- Improve overall health and well-being
- Exercise your whole body
- Reduce stress and calm the mind

Tai Chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

The Area Agency on Aging District 7 (AAA7) is offering this evidence-based class locally to help individuals age 60 or over improve movement, balance, strength, flexibility, immunity and relaxation; decrease pain and falls; and increase socialization and sustainability.

Join Us!

**Starting
Sept. 9th**

10:30 am - 11:30 am

**Pike County Senior
Center, Waverly**



**Registration Deadline is September 2nd
1.800.582.7277 or email wellness@aaa7.org**