



NEWS RELEASE – Area Agency on Aging District 7, Inc.

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***Seniors Invited to Participate in Local
Tai Chi for Arthritis and Fall Prevention in Chillicothe***

Individuals age 60 and over are invited to attend a unique opportunity to help those who are living with arthritis learn more about ways to help their condition, in addition to helpful fall prevention tips.

“Tai Chi for Arthritis and Fall Prevention” helps participants improve overall health and well-being, exercise the whole body, and reduce stress while calming 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. Through this evidence-based class, the AAA7 helps individuals age 60 and over improve movement, balance, strength, flexibility, immunity and relaxation; decrease pain and falls; and increase socialization and sustainability.

Upcoming classes in Ross County will be held in person starting September 3rd at the Ross County YMCA in Chillicothe and will be held on Tuesdays and Thursdays until October 24th from 1:00 pm until 2:00 pm. Those participating should attend all classes.

If you are age 60 or over and interested in participating in the upcoming Tai Chi for Arthritis and Fall Prevention series in Chillicothe, call the AAA7 at 1-800-582-7277 – Carla Cox (extension 22284) or Hayley Schuler (extension 21179) or e-mail wellness@aaa7.org. Class size is limited, so if you or someone you know is interested, please call soon to reserve your spot.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis in ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. These services are available to help older adults and those with disabilities live safely and independently in their residence of choice through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a specially-trained Agency staff member who will assist them

with information surrounding the programs and services that are available to best serve their needs. The Agency also offers a consultation at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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