



TAI CHI FOR HEALTH WORKSHOP

Tai Chi for Arthritis Part 1 (Forms 1-6)

When: Wednesdays and Fridays: March 4, 6, 11, 13, 18, 20, 25 April 1, 3, 8, 15, 17, 22, 24 May 1, 6, 8, 13, 15, 20, 22, 27

Time: Session 1: 10-10:45 am, Session 2: 11-11:45 am

Where: East Hampton Library
159 Main Street, East Hampton

Cost: Free, must register in advance

To Register or Questions Contact:
Debora Rippel, Senior Public Health Educator
631-853-2928
For directions please call 631-324-0222

This program is offered as part of the NYS Department of Health
Older Adult Fall Prevention Program

What it is?

Tai chi is an ancient Chinese practice that combines slow movements with deep breathing.

Benefits of Tai Chi for Health:

- Increase strength, balance and posture
 - Prevent falls
 - Improve mind, body and spirit
 - Reduce stress and increase relaxation
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Division of Preventive
Medicine, Office of Health
Education

