

## Tai Chi for Arthritis and Falls Prevention

Last Update January 2, 2020

Brought to you by the Suffolk County Department of Health Services

Pre-registration is required. Please call the number listed below.

Registration remains open for each class until the second session.

### **East Hampton Public Library**

159 Main Street, East Hampton

Tai Chi for Arthritis Part 1

Wednesdays and Fridays

Dates: March 4, 6, 11, 13, 18, 20, 25 April 1, 3, 8, 15, 17, 22, 24

May 1, 6, 8, 13, 15, 20, 22 and 29

Time: 10:00 - 10:45 AM Session 1 and

11:00 - 11:45 AM Session 2

To register, call Debora @ 631-853-2928

[Flyer TCA East Hampton Library.pdf](#)

### **Stony Brook Specialty Care Center**

500 Commack Road, Commack

Tai Chi for Arthritis Part 2

Tuesdays and Thursdays

Dates: March 19, 24, 26, 31 April 2, 7, 14, 16, 21, 23,

28 May 5, 7, 12 and 14

Time: 3:30-4:30 PM

To register, call Debora @ 631-853-2928

[Flyer TCA Commack Part 2 2020.pdf](#)

### **Stony Brook Specialty Care Center**

500 Commack Road, Commack

Tai Chi for Arthritis Part 1

Tuesdays and Thursdays

Dates: April 21, 23, 28, 30 May 5, 7, 12, 14, 19, 21, 26, 28

June 2, 4, 9, 11, 16, 18, 23, 25 and 30

Time: 2:00 – 3:00 PM

To register, call Debora @ 631-853-2928

[Flyer TCA Commack Part 1 2020.pdf](#)