



Tai Chi for Arthritis and Fall Prevention

Tai Chi is an ancient Chinese exercise program that promotes strength, flexibility and balance to help you better manage arthritis and lower your risk of experiencing a fall. You'll learn:

- Warm-up and cool-down exercises
- 1-2 core movements per session (8 weeks total)
- Breathing techniques
- Principles relating to improving physical and mental balance

Classes meet twice a week for eight weeks. Older adults and caregivers welcome!

New Jerusalem Baptist Church
26 W. North Bend Rd., Cincinnati 45216
Mondays and Thursdays | 5:00 – 6:00 p.m.
October 6 – December 1, 2025
Registration Closes September 29th

To register for this **FREE** workshop, visit
www.help4seniors.org/workshops
or call (513) 345-8637.



Dr Paul Lam

Tai Chi for Health Institute

EMPOWERING PEOPLE TO IMPROVE THEIR HEALTH AND WELLBEING

