

**Tai Chi for Arthritis For Fall Prevention**

A safe and easy-to-learn program proven to relieve pain and improve health and balance.

A proven and enriched program of warm up exercise and movement sequences in an innovative teaching format. In 1996, Dr. Lam with a team of medical and Tai Chi experts created this safe and easy to learn program.

JOIN ANITA CARTER, CERTIFIED TAI CHI FOR ARTHRITIS AND FALL PREVENTION, IN THIS SERIES OF SIX LESSONS AND SLOWLY, SAFELY, SUCCESSFULLY EXPERIENCE TAI CHI. NO MATTER WHAT YOUR AGE OR WHAT CONDITION YOU ARE DEALING WITH YOU, CAN DO THIS.

**Where: Lake Gogebic County Senior Center**

**Berglund, MI**

**Time: Thursdays 9:00 to 10:00 a.m.**

**August 20th, 27th, September 3rd, 10th, 17th, 24th , 2015**

Please call Joan Harris to register

906-575-3461



**Tai Chi for Arthritis**

A safe and easy-to-learn program proven to relieve pain and improve health and balance.

A proven and enriched program of warm up exercise and movement sequences in an innovative teaching format. In 1996, Dr. Lam with a team of medical and Tai Chi experts created this safe and easy to learn program.

JOIN US IN THIS SERIES OF SIX LESSONS, SLOW, SAFE, AND SUCCESSFULLY EXPERIENCE TAI CHI

 NO MATTER WHAT YOUR AGE OR WHAT CONDITION THAT YOU ARE DEALING WITH.



**Tai Chi for Arthritis**

A safe and easy-to-learn program proven to relieve pain and improve health and balance.

A proven and enriched program of warm up exercise and movement sequences in an innovative teaching format. In 1996, Dr. Lam with a team of medical and Tai Chi experts created this safe and easy to learn program.

JOIN US IN THIS SERIES OF SIX LESSONS, SLOW, SAFE, AND SUCCESSFULLY EXPERIENCE TAI CHI

 NO MATTER WHAT YOUR AGE OR WHAT CONDITION THAT YOU ARE DEALING WITH.