



TAI CHI FOR BEGINNERS

An Online Virtual Series of Classes

Tuesdays and Thursdays, 2:30-3:30 p.m., February 1 – March 24

All Ages Are Welcome

**Decrease Arthritis Pain and Helps Prevent Falls • Increased Flexibility
Can be Done Seated or Standing • Improve Physical and Mental Balance**



WHERE: Virtual Classes [Register to receive a Zoom link for access to these classes]

COST: No charge- courtesy of OSU Extension

Please **register by January 17** to reserve your spot! The first 25 will be guaranteed attendance and receive a class Zoom link.

REGISTER: <https://go.osu.edu/taichi1-22>

For more information, contact Lorrissa Dunfee dunfee.54@osu.edu or Rae Baker baker.782@osu.edu
You may also contact your local County OSU Extension office for more details.

Developed by Dr. Paul Lam at the Tai Chi for Health Institute (TCHI) the program utilizes Tai Chi's Suw style for its ability to improve relaxation, balance, and its ease of use for older adults.



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