



TAI CHI FOR BEGINNERS

An Online Virtual Series of Classes

Tuesdays and Thursdays, 12:30-1:30 p.m., March 29 – May 31

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 March 11** to reserve your spot!

REGISTER: <https://go.osu.edu/CG9G>

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 Suo style for its ability to improve relaxation, balance, and its ease of use for older adults.



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EXTENSION

Belmont County OSU Extension
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